



## What Counts as a Serving?

Knowing the serving size is an important tool to help maintain a healthy weight. Use the Food Guide Pyramid as a guide to estimate what counts as a serving.

### **A serving of Grain can be: (1 serving = about 80 kcals)**

- 1 slice bread (2 slices if low calorie)
- 1/2 small bagel, English muffin, pita bread, hamburger or hot dog bun
- 1 6-inch tortilla or small dinner roll    2 bread sticks or rice cakes
- 4-6 crackers    1/2 cup cooked cereal, pasta or rice
- 3/4 cup dry cereal    3/4 oz pretzels & fat-free snack chips

### **A serving of Vegetable can be: (1 serving = about 25 kcals)**

- 1 cup raw vegetables
- 1/2 cup cooked vegetables
- 1/2 cup vegetable juice

### **A serving of Fruit can be: (1 serving = about 60 kcals)**

- 1 small fresh fruit
- 1/2 cup grapes or melon
- 1/2 cup canned fruit
- 1/4 cup dried fruit
- 1/2 cup fruit juice

### **A serving of Milk, Yogurt & Cheese can be: (1 serving = about 90-120 kcals)**

- 1 cup skim or 1% milk    1 cup lowfat yogurt
- 1 oz cheese    1/2 cup frozen yogurt or ice milk
- 1/2 cup lowfat cottage cheese

### **Limit Meat, Poultry, Fish, Dry beans, Eggs & Nuts to 4 to 7 oz per day: (1 oz = about 55 kcals)**

- Lean meats, poultry or fish
- Lean deli sandwich meats (1 gram of fat per oz. or less)
- The following serving sizes are all equal to 1 oz. of meat:*
  - 1/2 cup dried beans, peas or lentils (cooked)    1/2 cup tofu
  - 1 egg (no more than 3 egg yolks per week)    1/4 cup tuna
  - 2 egg whites
  - 2 Tbsp peanut butter\* or 10 peanuts\*

*\*Eat in moderation. These meat substitutes are high fat and higher in calories*

For more information on weight gain prevention, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

**Shape Your Future... Your Weight!™**