

## What Counts As An Ounce Equivalent of Grains?

	Amount that counts as 1 ounce equivalent	Common portions and ounce equivalents
<b>Bagels</b>	$\frac{1}{2}$ "mini" bagel	1 large bagel = 4 ounce equivalents
<b>Biscuits</b>	1 small (2" diameter)	1 large (3" diameter) = 2 ounce equivalents
<b>Breads</b>	1 regular slice 1 small slice French 4 snack-size slices rye bread	
<b>Cornbread</b>	1 small piece ( $2\frac{1}{2}$ " x $1\frac{1}{4}$ " x $1\frac{1}{4}$ " )	1 medium piece ( $2\frac{1}{2}$ " x $2\frac{1}{2}$ " x $1\frac{1}{4}$ " ) = 2 ounce equivalents
<b>Crackers</b>	5 whole wheat crackers 2 rye crispbreads 7 square or round saltines, snack crackers	
<b>English muffins</b>	$\frac{1}{2}$ muffin	1 muffin = 2 ounce equivalents
<b>Muffins</b>	1 small ( $2\frac{1}{2}$ " diameter)	1 large ( $3\frac{1}{2}$ " diameter) = 3 ounce equivalents
<b>Oatmeal</b>	$\frac{1}{2}$ cup cooked 1 packet instant	
<b>Pancakes</b>	1 pancake ( $4\frac{1}{2}$ " diameter) 2 small pancakes (3" diameter)	3 pancakes ( $4\frac{1}{2}$ " diameter) = 3 ounce equivalents
<b>Popcorn</b>	3 cups, popped	1 microwave bag, popped = 4 ounce equivalents
<b>Ready-to-eat breakfast cereal</b>	1 cup flakes or rounds $1\frac{1}{4}$ cup puffed	
<b>Rice</b>	$\frac{1}{2}$ cup cooked	1 cup cooked = 2 ounce equivalents
<b>Pasta--spaghetti, macaroni, noodles</b>	$\frac{1}{2}$ cup cooked	1 cup cooked = 2 ounce equivalents
<b>Tortillas</b>	1 small flour tortilla (6" diameter) 1 corn tortilla (6" diameter)	1 large tortilla (12" diameter) = 4 ounce equivalents

## What Counts As A Cup of Vegetables?

	Amount that counts as 1 cup of vegetables	Amount that counts as $\frac{1}{2}$ cup of vegetables
<b>Dark-Green Vegetables</b>		
<b>Broccoli</b>	1 cup chopped or florets 3 spears 5" long, raw or cooked	
<b>Greens (collards, mustard greens, turnip greens, kale)</b>	1 cup cooked	
<b>Spinach</b>	1 cup cooked 2 cups raw	1 cup raw
<b>Raw leafy greens: Spinach, romaine, watercress, dark green leafy lettuce, endive, escarole</b>	2 cups raw	1 cup raw
<b>Orange Vegetables</b>		
<b>Carrots</b>	1 cup strips, slices, or chopped, raw or cooked 2 medium carrots 1 cup baby carrots (about 12)	1 medium carrot About 6 baby carrots
<b>Pumpkin</b>	1 cup mashed, cooked	
<b>Sweet potato</b>	1 large baked ( $2\frac{1}{4}$ " or more diameter) 1 cup sliced or mashed, cooked	
<b>Winter squash (acorn, butternut, hubbard)</b>	1 cup cubed, cooked	$\frac{1}{2}$ acorn squash, baked = $\frac{3}{4}$ cup
<b>Dry Beans and Peas</b>		
<b>Dry beans and peas (such as black, garbanzo, kidney, pinto, or soy beans, or black-eyed peas or split peas)</b>	1 cup whole or mashed, cooked	
<b>Tofu</b>	1 cup $\frac{1}{2}$ " cubes (about 8 ounces)	1 piece $2\frac{1}{2}$ " x $2\frac{3}{4}$ " x 1" (about 4 ounces)
<b>Starchy Vegetables</b>		
<b>Corn, yellow or white</b>	1 cup 1 large ear (8" to 9" long)	1 small ear (about 6" long)

	<b>Amount that counts as 1 cup of vegetables</b>	<b>Amount that counts as <math>\frac{1}{2}</math> cup of vegetables</b>
<b>Green peas</b>	1 cup	
<b>White potatoes</b>	1 cup diced, mashed 1 medium boiled or baked potato ( $2\frac{1}{2}$ " to 3" diameter) French fried: 20 medium to long strips ( $2\frac{1}{2}$ " to 4" long)	
<b>Other Vegetables</b>		
<b>Bean sprouts</b>	1 cup cooked	
<b>Cabbage, green</b>	1 cup chopped or shredded, raw or cooked	
<b>Cauliflower</b>	1 cup pieces or florets, raw or cooked	
<b>Celery</b>	1 cup diced or sliced, raw or cooked 2 large stalks (11" to 12" long)	1 large stalk (11" to 12" long)
<b>Cucumbers</b>	1 cup raw, sliced or chopped	
<b>Green or wax beans</b>	1 cup cooked	
<b>Green or red peppers</b>	1 cup chopped, raw or cooked 1 large pepper (3" diameter, $3\frac{3}{4}$ " long)	1 small pepper
<b>Lettuce, iceberg or head</b>	2 cups raw, shredded or chopped	1 cup raw, shredded or chopped
<b>Mushrooms</b>	1 cup raw or cooked	
<b>Onions</b>	1 cup chopped, raw or cooked	
<b>Tomatoes</b>	1 large raw whole (3") 1 cup chopped or sliced, raw, canned, or cooked	1 small raw whole ( $2\frac{1}{4}$ ") 1 medium canned
<b>Tomato or mixed vegetable juice</b>	1 cup	$\frac{1}{2}$ cup
<b>Summer squash or zucchini</b>	1 cup cooked, sliced or diced	

## What Counts As A Cup of Fruit?

	Amount that counts as 1 cup of fruit	Amount that counts as $\frac{1}{2}$ cup of fruit
<b>Apple</b>	$\frac{1}{2}$ large (3.25" diameter) 1 small (2.5" diameter) 1 cup sliced or chopped, raw or cooked	$\frac{1}{2}$ cup sliced or chopped, raw or cooked
<b>Applesauce</b>	1 cup	1 snack container (4 oz.)
<b>Banana</b>	1 cup sliced 1 large (8" to 9" long)	1 small (less than 6" long)
<b>Cantaloupe</b>	1 cup diced or melon balls	1 medium wedge (1/8 of a medium melon)
<b>Grapes</b>	1 cup whole or cut-up 32 seedless grapes	16 seedless grapes
<b>Grapefruit</b>	1 medium (4" diameter) 1 cup sections	$\frac{1}{2}$ medium (4" diameter)
<b>Mixed fruit (fruit cocktail)</b>	1 cup diced or sliced, raw or canned, drained	1 snack container (4 oz.) drained = $\frac{3}{8}$ cup
<b>Orange</b>	1 large (3-1/16" diameter) 1 cup sections	1 small (2-3/8" diameter)
<b>Orange, mandarin</b>	1 cup canned, drained	
<b>Peach</b>	1 large (2 $\frac{3}{4}$ " diameter) 1 cup sliced or diced, raw, cooked, or canned, drained 2 halves, canned	1 small (2-3/8" diameter) 1 snack container (4 oz.) drained = $\frac{3}{8}$ cup
<b>Pear</b>	1 medium pear (2.5 per lb.) 1 cup sliced or diced, raw, cooked, or canned, drained	1 snack container (4 oz.) drained = $\frac{3}{8}$ cup
<b>Pineapple</b>	1 cup chunks, sliced or crushed, raw, cooked or canned, drained	1 snack container (4 oz.) drained = $\frac{3}{8}$ cup
<b>Plum</b>	1 cup sliced raw or cooked 3 medium or 2 large plums	1 large plum
<b>Strawberries</b>	About 8 large berries 1 cup whole, halved, or sliced, fresh or frozen	$\frac{1}{2}$ cup whole, halved, or sliced
<b>Watermelon</b>	1 small wedge (1" thick) 1 cup diced or balls	6 melon balls
<b>Dried fruit (raisins, prunes, apricots, etc.)</b>	$\frac{1}{2}$ cup dried fruit is equivalent to 1 cup fruit $\frac{1}{2}$ cup raisins $\frac{1}{2}$ cup prunes $\frac{1}{2}$ cup dried apricots	$\frac{1}{4}$ cup dried fruit is equivalent to $\frac{1}{2}$ cup fruit 1 small box raisins (1.5 oz.)
<b>100% fruit juice (orange, apple, grape, grapefruit, etc.)</b>	1 cup	$\frac{1}{2}$ cup

## What Counts As A Cup of Milk?

	Amount that counts as 1 cup in the milk group	Common portions and cup equivalents
<b>Milk</b> (choose fat-free or low-fat milk most often)	1 cup 1 half-pint container $\frac{1}{2}$ cup evaporated milk	
<b>Yogurt</b> (choose fat-free or low-fat yogurt most often)	1 regular container (8 fluid ounces) 1 cup	1 small container (6 ounces) = $\frac{3}{4}$ cup 1 snack size container (4 ounces) = $\frac{1}{2}$ cup
<b>Cheese</b> (choose low-fat cheeses most often)	$1\frac{1}{2}$ ounces hard cheese (cheddar, mozzarella, Swiss, parmesan) $\frac{1}{3}$ cup shredded cheese 2 ounces processed cheese (American) $\frac{1}{2}$ cup ricotta cheese 2 cups cottage cheese	1 slice of hard cheese is equivalent to $\frac{1}{2}$ cup milk 1 slice of processed cheese is equivalent to $\frac{1}{3}$ cup milk $\frac{1}{2}$ cup cottage cheese is equivalent to $\frac{1}{4}$ cup milk
<b>Milk-based desserts</b> (choose fat-free or low-fat types most often)	1 cup pudding made with milk 1 cup frozen yogurt $1\frac{1}{2}$ cups ice cream	1 scoop ice cream is equivalent to $\frac{1}{3}$ cup milk

## What Counts As An Ounce of Meat?

	Amount that counts as 1 ounce equivalent	Common portions and ounce equivalents
<b>Meats</b>	<p>1 ounce cooked lean beef</p> <p>1 ounce cooked lean pork or ham</p>	<p>1 small steak (eye of round, filet) = 3½ to 4 ounce equivalents</p> <p>1 small lean hamburger = 2 to 3 ounce equivalents</p>
<b>Poultry</b>	<p>1 ounce cooked chicken or turkey, without skin</p> <p>1 sandwich slice of turkey (4½ x 2½ x 1/8")</p>	<p>1 small chicken breast half = 3 ounce equivalents</p> <p>½ Cornish game hen = 4 ounce equivalents</p>
<b>Fish</b>	<p>1 ounce cooked fish or shell fish</p>	<p>1 can of tuna, drained = 3 to 4 ounce equivalents</p> <p>1 salmon steak = 4 to 6 ounce equivalents</p> <p>1 small trout = 3 ounce equivalents</p>
<b>Eggs</b>	<p>1 egg</p>	
<b>Nuts and seeds</b>	<p>½ ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves)</p> <p>½ ounce of seeds (pumpkin, sunflower or squash seeds, hulled, roasted)</p> <p>1 Tablespoon of peanut butter or almond butter</p>	<p>1 ounce of nuts or seeds = 2 ounce equivalents</p>
<b>Dry beans and peas</b>	<p>¼ cup of cooked dry beans (such as black, kidney, pinto, or white beans)</p> <p>¼ cup of cooked dry peas (such as chickpeas, cowpeas, lentils, or split peas)</p> <p>¼ cup of baked beans, refried beans</p> <p>¼ cup (about 2 ounces) of tofu</p> <p>1 oz. tempeh, cooked</p> <p>¼ cup roasted soybeans</p> <p>1 falafel patty (2¼", 4 ounces)</p> <p>2 Tablespoons hummus</p>	<p>1 cup split pea soup = 2 ounce equivalents</p> <p>1 cup lentil soup = 2 ounce equivalents</p> <p>1 cup bean soup = 2 ounce equivalents</p> <p>1 soy or bean burger patty = 2 ounce equivalents</p>