



# KNOW YOUR SERVING SIZES

You can use everyday household items to estimate the size of one serving.  
Here are some recommended single serving sizes based on a 2,000 calorie diet.

## FRUITS & VEGETABLES (7–10 servings per day)



1 serving of fruit is the size of a baseball.

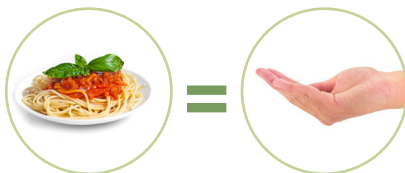


1 serving of canned fruit is the size of a cupped hand.



1 serving of salad is the size of two cupped hands.

## GRAINS (5–6 servings per day)



1 serving of pasta or cereal is the size of a cupped hand.



1 serving of bread (one slice) is the size of a CD.



1 serving of whole wheat flakes is the size of a baseball.

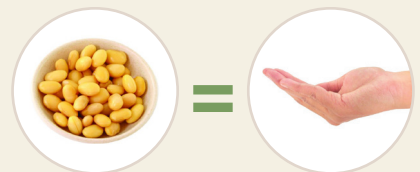
## PROTEINS (2–3 servings per day)



1 serving of chicken is the size of a deck of cards.

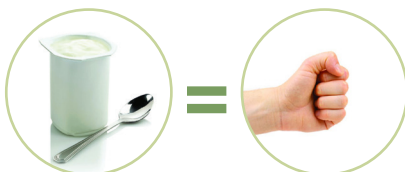


1 serving of eggs is the size of 2 small eggs or one large egg.

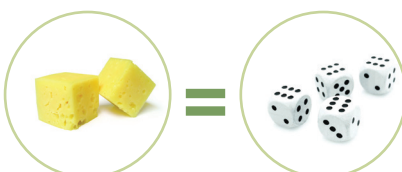


1 serving of cooked beans is the size of a cupped hand.

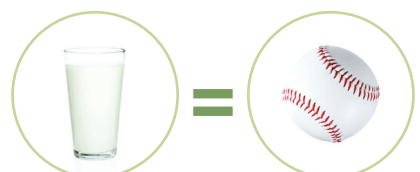
## DAIRY (2–3 servings per day)



1 serving of yogurt is the size of a fist.



1 serving of cheese is the size of 4 dice.



1 serving of milk is the size of a baseball.

## FATS (2–3 servings per day)



1 serving of margarine is the size of the tip of a thumb.



1 serving of peanut butter is the size of a thumb.

