

Food Group and Serving Size List

Vegetables (25 calories in a serving)

| | Amount in 1 serving |
|--------------------------------|----------------------------|
| Asparagus | 1/2 cup pieces |
| Broccoli | 1 cup florets |
| Brussels sprouts | 1/2 cup |
| Carrots | 1/2 cup sliced or 1 medium |
| Cauliflower..... | 1 cup florets |
| Celery..... | 1 cup diced |
| Cherry or grape tomatoes | 8 |
| Cucumber | 1 cup sliced or 1 medium |
| Eggplant (cooked) | 1 cup |
| Green beans | 3/4 cup |
| Green pepper | 1 cup sliced or 1 medium |
| Kale (cooked) | 2/3 cup |
| Lettuce..... | 2 cups shredded |
| Mushrooms | 1 cup whole |
| Onions..... | 1/2 cup sliced |
| Peas, green..... | 1/3 cup |
| Spinach (cooked) | 1 cup |
| Spinach (raw)..... | 2 cups |
| Squash (summer) | 3/4 cup sliced |
| Tomatillo..... | 1/2 cup diced |
| Tomato | 1 medium |
| Vegetable juice..... | 4 ounces |

Fruits (60 calories in a serving)

| | Amount in 1 serving |
|---------------------|----------------------|
| Apple..... | 1 small |
| Banana..... | 1 small or 1/2 large |
| Blueberries..... | 3/4 cup |
| Cantaloupe..... | 1 cup cubed |
| Cherries | 1 cup |
| Dates | 3 |
| Grapefruit..... | 1 small or 1/2 large |
| Grapes | 1/2 cup |
| Honeydew melon..... | 1 cup cubed |
| Kiwi | 1 large |
| Mango..... | 1/2 cup diced |
| Mixed fruit | 1/2 cup |
| Nectarine..... | 1 |
| Orange..... | 1 medium |
| Orange juice | 1/2 cup |
| Peach..... | 1 large |
| Pineapple | 1/2 cup cubed |
| Pear | 1 small |
| Plums..... | 2 |
| Prunes | 3 |
| Raisins | 2 tablespoons |
| Raspberries | 1 cup |
| Strawberries | 1 1/2 cups whole |
| Tangerine..... | 1 |

Food Group and Serving Size List

Carbohydrates (70 calories in a serving)

| | Amount in 1 serving |
|--------------------------------------|-------------------------------------|
| Bagel (whole-grain)..... | 1/2 |
| Barley (cooked)..... | 1/2 cup |
| Bread (whole-grain) | 1 slice |
| Bulgur (cooked)..... | 1/2 cup |
| Cereal (whole-grain) | 1/2 cup |
| Corn | 1/2 cup |
| Corn tortillas | 1 |
| English muffin (whole-grain) | 1/2 |
| Kasha (buckwheat groats, cooked).... | 1/2 cup |
| Muffin..... | 1 small |
| Oatmeal (cooked) | 1/2 cup |
| Pasta (whole-grain, cooked)..... | 1/2 cup |
| Pita bread..... | 1/2 circle |
| Popcorn (air-popped, plain) | 2 cups |
| Potato (baked)..... | 1/2 medium |
| Potato (mashed) | 1/2 cup |
| Puffed wheat cereal | 1 1/2 cups |
| Pumpkin (cooked)..... | 1 1/2 cups |
| Rutabagas (cooked) | 3/4 cup |
| Rice (brown, cooked)..... | 1/3 cup |
| Roll (whole-grain)..... | 1 small |
| Rye wafer..... | 1 triple cracker |
| Shredded wheat..... | 1 biscuit or 1/2 cup spoon-sized |
| Squash (winter, cooked)..... | 1 cup |
| Sweet potato (baked)..... | 1/2 medium |
| Turnips (cooked) | 1/2 cup |

Protein/Dairy (110 calories in a serving)

| | Amount in 1 serving |
|----------------------------------------------------|---------------------|
| Beans..... | 1/2 cup |
| Beef (lean) | 1 1/2 ounces |
| Chicken..... | 3 ounces |
| Cheese (feta)..... | 1/4 cup |
| Cheese (low-fat) | 1 1/2 ounces |
| Cod | 3 ounces |
| Cottage cheese (low-fat or 1 percent fat) | 2/3 cup |
| Crab | 3 ounces |
| Egg..... | 1 medium |
| Egg substitute | 1/2 cup |
| Egg whites | 4 |
| Garbanzos or soybeans | 1/3 cup |
| Halibut..... | 3 ounces |
| Lamb, lean cuts no fat | 2 1/2 ounces |
| Lentils..... | 1/2 cup |
| Milk (skim or 1 percent fat) | 1 cup |
| Peas..... | 3/4 cup |
| Pheasant, duck (breast), venison | 3 ounces |
| Pork, lean cuts no fat..... | 2 ounces |
| Salmon..... | 3 ounces |
| Shrimp | 3 ounces |
| Tofu..... | 1/2 cup |
| Tuna (canned in water)..... | 3 ounces |
| Turkey | 3 ounces |
| Yogurt (fat-free, reduced-calorie) | 1 cup |

Food Group and Serving Size List

Fats (45 calories in a serving)

| | Amount in 1 serving |
|------------------------|---------------------|
| Almonds | 7 whole |
| Avocado | 1/6 |
| Canola oil | 1 teaspoon |
| Cream cheese | 1 tablespoon |
| Olives | 9 large |
| Olive oil..... | 1 teaspoon |
| Mayonnaise..... | 2 teaspoons |
| Margarine | 1 teaspoon |
| Peanut butter..... | 1 1/2 teaspoons |
| Peanuts | 8 whole |
| Sunflower seeds | 1 tablespoon |
| Walnuts or pecans..... | 4 halves |