



How to measure your meal

FRUIT

• You should have 2 to 3 servings a day.

A medium-size piece of fruit is about as big as a baseball.

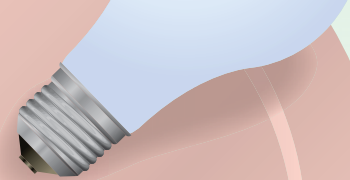
½ of your plate should be Fruits and Vegetables



VEGETABLES

• You should have 3 to 5 servings a day.

½ cup of veggies is about as big as a light bulb.



BREADS AND GRAINS

• You should have 6 to 11 servings a day.

1 serving of bread is about as big as a bar of soap.

¼ of your plate should be Bread and Grains



¼ or less of your plate should be Lean Meat and Protein



LEAN MEAT AND PROTEIN

• You should have 2 to 3 servings a day.

1 serving of meat is about as big as a deck of cards.



Portion Sizes

Important: Keep in mind that children's portions should usually be smaller. For instance, a toddler's serving should usually be about $\frac{1}{4}$ to $\frac{1}{3}$ of an adult's serving. To find out more about feeding your child correctly, talk to your family doctor or pediatrician.

Fruit

• You should have 2 to 3 servings a day.

A serving is:

1 medium-size piece of fruit

OR $\frac{1}{2}$ cup of cooked, chopped or canned fruit

OR $\frac{3}{4}$ cup of pure fruit juice

Milk and Dairy

• You should have 2 to 3 servings a day.

A serving is:

1 cup of lowfat milk, yogurt or ice cream

OR $\frac{1}{2}$ ounces of cheese

1 serving of cheese is about as big as three dominoes.

Vegetables

• You should have 3 to 5 servings a day.

A serving is:

1 cup of raw lettuce or other leafy vegetables

OR $\frac{1}{2}$ cup of chopped or cooked vegetables

OR $\frac{3}{4}$ cup vegetable juice

OR 1 medium potato

Bread and Grains

• You should have 6 to 11 servings a day.

A serving is:

1 slice of bread

OR 1 small muffin, biscuit or pancake

OR $\frac{1}{2}$ hamburger or hot dog bun

OR $\frac{1}{2}$ cup of rice, pasta or oatmeal

OR 1 cup of ready-to-eat cereal

Fats, Butter, Oil and Sweets

• Just a bite!

Lean Meat and Protein

• You should have 2 to 3 servings a day.

A serving is:

2 to 3 ounces of lean meat, poultry or fish

OR $\frac{1}{2}$ cup of cooked dry beans

OR 2 tablespoons of peanut butter

OR 1 egg

OR $\frac{1}{3}$ cup of nuts

To order additional placemats,
go to www.afmc.org/tools.