Food Amounts Count

What Size is a Serving?
The MyPlate Wheel helps you design an eating pattern that is just for you.
The Five Food Group foods provide the nutrients you need for a lifetime of healthy eating.
How much you eat from each Food Group every day is important for your overall health.

Your food and drink choices matter.
Focus on:

**AMOUNT** – Know the recommended daily amounts of the foods you should eat and then consume that amount. Large portions can promote overeating so learn what a serving size looks like on your plate.

**NUTRIENT DENSITY** – Whole, fresh foods contain the most nutrients. Highly processed foods often add sugar, sodium and fat, resulting in extra calories.

Let’s look at each Food Group and find out what counts as a serving.....

<table>
<thead>
<tr>
<th>GRAINS</th>
<th>VEGGIES</th>
<th>FRUITS</th>
<th>DAIRY</th>
<th>PROTEIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ounce=</td>
<td>1 cup=</td>
<td>1 cup=</td>
<td>1 cup=</td>
<td>1 ounce=</td>
</tr>
<tr>
<td>1 slice bread</td>
<td>1 cup raw vegetables</td>
<td>1 cup sliced fruit</td>
<td>8 ounces milk</td>
<td>1 egg</td>
</tr>
<tr>
<td>½ English muffin</td>
<td>1 sweet potato or potato</td>
<td>1 medium whole fruit</td>
<td>8 ounces yogurt</td>
<td>2 Tablespoons peanut butter</td>
</tr>
<tr>
<td>½ cup rice, pasta, cooked cereal</td>
<td>1 cup cooked vegetables</td>
<td>½ cup dried fruit</td>
<td>1½ ounces cheese</td>
<td>1 ounce meat (fish, beef, chicken, turkey, pork)</td>
</tr>
<tr>
<td>1 cup dry cereal</td>
<td>2 cups leafy greens</td>
<td>32 grapes</td>
<td>1 cup 100% vegetable juice</td>
<td>12 almonds</td>
</tr>
<tr>
<td>3 cups popcorn</td>
<td>12 baby carrots</td>
<td>8 large strawberries</td>
<td>8 ounces 100% fruit juice</td>
<td>¼ cup cooked beans</td>
</tr>
<tr>
<td>1 six inch tortilla</td>
<td>8 ounces 100% vegetable juice</td>
<td>1 medium apple or orange=</td>
<td>1 medium cheese =</td>
<td>1 Tablespoon peanut butter =</td>
</tr>
</tbody>
</table>

**Extra Calories**
Extra calories often come from foods that add taste and pleasure but not many nutrients. These include foods like candy, chips, baked sweets and fats such as mayonnaise and salad dressings. These extra calories could also come from extra servings, from any Food Group. Read the Nutrition Facts Food Labels to find calorie information.
Meet the Five Food Groups

The MyPlate Wheel is a tool to help you eat healthy foods using the Choose MyPlate eating plan. This plan is based on the 2015 U.S. Dietary Guidelines that help Americans eat healthy. The Five Food Group foods provide the nutrients you need for a lifetime of healthy eating. Each Food Group is rich in different nutrients. This lifelong eating plan may help prevent many diseases like obesity, heart disease, high blood pressure and diabetes.

The MyPlate Wheel can help you start your own healthy eating plan. Using the wheel, find your personal MyPlate Wheel numbers and fill in the blanks. Male guidelines are on the blue side and female guidelines are on the green side:

- My Age
- My Activity Level
- I (Inactive) is for those who get less than 30 minutes of moderate physical activity a day. M (Moderate) is for those who get 30-60 minutes of moderate physical activity a day and A (Active) is for those who get over 60 minutes of moderate physical activity each day.
- My Daily Calories
- My Daily Food Guide:
  - Grains
  - Vegetables
  - Fruits
  - Dairy
  - Protein
  - Oils
  - Extras

Your food and drink choices matter. Focus on:

- **AMOUNT** – Know the recommended daily amounts of the foods you should eat and then consume that amount. Large portions can promote overeating so learn what a serving size looks like on your plate.

- **NUTRIENT DENSITY** – Whole, fresh foods contain the most nutrients. Highly processed foods often add sugar, sodium and fat, resulting in extra calories. Choose nutrient-rich foods like colorful fruits and vegetables, whole grains and lower fat dairy foods for better health.

- **VARIETY** – Eat as many different foods as possible within each Food Group. The more variety you choose, the more nutrients you will get. Your body needs various nutrients each day so mix it up and fuel your body!

Eating patterns are the combination of foods and beverages you eat over time. We all follow different plans based on many factors, like family traditions, culture and budgets.

A healthy eating pattern includes these foods:

- **Grains**: Choose whole grains most often for breads, cereals and rice.
- **Vegetables**: Choose a variety of raw and cooked vegetables.
- **Fruits**: Choose a colorful assortment of whole fresh fruits.
- **Dairy**: Choose fat free or low fat milk, yogurt and cheese.
- **Protein**: Vary your lean proteins - fish, meats and poultry, legumes, eggs, nuts and seeds.
- **Oils**: Choose oils from plants including corn, olive, canola and sunflower.
- **Extras**: Stay within your calorie level.

This is your personal eating plan. Now let’s put this information to work for you!