

The Food Groups: What makes a Serving?

In each food group, look at these different Food Guide Pyramid examples of the serving size, showing 1 healthy serving of each food group. How do these compare with what your portions look like?



Grains Food Group

- 1 slice bread, waffle or pancake
- ½ bagel, hamburger bun, or English muffin
- ½ cup cooked rice, pasta or cereal
- 1 cup ready to eat cereal

Vegetables Food Group

- ¾ cup (6 fluid ounces) 100% vegetable juice
- 1 cup raw, leafy vegetables or salad
- ½ cup cooked or canned vegetables

Fruits Food Group

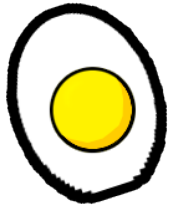
- 1 medium apple, orange or banana
- ½ cup fruit (canned, cooked or raw)
- ½ cup (4 fluid ounces) 100% fruit juice
- ¼ cup dried fruit (raisins, apricots or prunes)

Milk Food Group

- 1 cup milk or yogurt
- 2 ounces processed cheese (American)
- 1 ½ ounces natural cheese (cheddar)

Meat and Beans Food Group

- 1 tablespoons of peanut butter counts as 1 ounce
- ¼ cup nuts or 20-24 almonds
- 1 medium size egg
- 2-3 ounces of poultry, meat or fish (2-3 servings)
- ¼ cup of beans



Visit ChefSolus.com for Free online nutrition games, fun activities and parent and child nutritional tools!

Visit ChefSolus.com to learn more about the USDA Food Pyramid, Food Groups and Healthy Eating. Free online nutrition games, puzzles, coloring pages, and more fun handouts and printables. The fun nutrition education website for families and kids!

