Know Your Serving Sizes

People eat more food when given bigger servings.

What is the Right Size?

Grains

= 1 oz.

= ½ cup

cooked pasta, rice or cereal

Aim for 5 servings a day.

Vegetables

= ½ cup cooked

= 1 cup

leafy or raw vegetables

Aim for 2½ cups a day.

Fruits

= ½ cup fruit

Aim for 1½ cups a day.

Dairy

= 1 cup

= 1 oz. cheese

Aim for 3 servings a day.

Meat

= 3 oz. meat

Aim for 5 oz. a day.

Make Healthier Choices

- Eat slowly
- Drink more water
- Eat vegetables or fruit at every meal and snack
- Play every day

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