

## MyPlate Cup and Ounce Equivalents

### Counting Fruits

Measured in cup equivalents

1 cup equivalent

- = 1 cup fresh, frozen, or canned fruit
- = 1 cup 100% fruit juice
- = ½ cup dried fruit



### Counting Vegetables

Measured in cup equivalents

1 cup equivalent

- = 1 cup fresh, frozen, or canned vegetables
- = 1 cup 100% vegetable juice
- = 2 cups raw, leafy greens



### Counting Grains

Measured in ounce equivalents

1 ounce equivalent

- = 1 standard slice of bread
- = 1 cup ready to eat cereal
- = ½ cup cooked cereal
- = ½ cup cooked pasta
- = ½ cup cooked rice
- = ½ bun



### Counting Protein

Measured in ounce equivalents

1 ounce equivalent

- = 1 ounce meat, fish, poultry
- = 1 egg
- = ¼ cup cooked, dried beans
- = 1 Tablespoon peanut butter
- = ½ ounce nuts or seeds



### Counting Dairy

Measured in cup equivalents

1 cup equivalent (300 mg calcium)

- = 1 cup milk
- = 1 ½ ounces natural cheese (cheddar, Swiss, parmesan)
- = 1 ounce processed cheese (American)
- = 2 cups cottage cheese
- = ⅓ cup shredded cheese



### Oils

Not a “food” group.

The following would be considered one “serving”

- = 1 teaspoon oil
- = 1 teaspoon soft margarine
- = 1 Tablespoon low-fat mayonnaise
- = 2 Tablespoons light salad dressing



For a complete list of cup and ounce equivalents, please visit <https://www.myplate.gov/> and select the food group to find more equivalents listed for each.