

# Food Group Information

| Food Group   | What's in that group?   | How much is one serving?   |
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| *Whole Grains<br>5-8 servings. Servings are expressed as "1 ounce equivalents" | Foods made of whole wheat, brown rice, oats, cornmeal, barley: bread, pasta, oatmeal, breakfast cereals, tortillas, grits, etc.   | 1 slice of bread<br>1 cup cold cereal; ½ cup hot cereal<br>½ bagel or bun<br>Small pancake or waffle<br>½ cup cooked rice or noodles<br>3-4 small crackers                                     |
| Vegetables<br>2 ½ -3 servings. Servings are expressed as cups of vegetables    | Raw, cooked, fresh, canned, frozen, dehydrated, or 100% juice: dark green leafy vegetables such as broccoli or spinach; carrots; sweet potatoes; peas; corn; tomatoes, etc. | 1 cup raw vegetables<br>1 cup cooked vegetables<br>2 cups leafy vegetables (such as lettuce)<br>1 three-inch baked potato (not French fries)<br>1 cup vegetable juice                          |
| Fruits<br>1 ½-2 servings. Servings are expressed as cups of fruit              | Fresh, dried, frozen, canned, cooked, 100% juice: apples, bananas, apricots, strawberries, pineapple, fruit cocktail, peaches, etc.   | 1 medium piece of fresh fruit<br>1 cup berries or fruit slices<br>1 cup canned, frozen, or cooked fruit<br>½ cup dried fruit (raisins, apricots)<br>1 cup fruit juice (only 1 serving per day) |
| Dairy<br>3 servings. Servings are expressed as "1 cup fluid milk equivalents"  | Fluid and foods made from cow's, goat's, or soy milk: milk, yogurt, cheese, etc.  | 1 cup of milk<br>1 cup of yogurt (8 oz. container)<br>1 cup of soy milk or soy yogurt<br>1 ½ ounces cheese (one slice)<br>⅓ cup grated cheese  |
| Protein<br>5-6 ½ servings. Servings are expressed as "1 ounce equivalent"      | Meats, poultry, fish, dry beans and peas, eggs, nuts, seeds, tofu: lean cuts of beef, pork, chicken, salmon, black beans, almonds, sunflower seeds, etc.                    | 1 egg<br>1 oz. cooked meat, chicken, fish<br>1 T. peanut butter<br>¼ cup cooked beans<br>¼ cup tofu<br>¼ cup nuts  |
| Extras<br>150-500 calories   | Added fats, oils, sugar: butter, sour cream, salad dressing, sweets, "junk food", etc.  | A 50-calorie portion is:<br>5 chips<br>Small cookie; 1/2 cupcake<br>1 T. salad dressing; 1 ½ tsp. butter, margarine, mayo<br>2 oz. regular soda<br>1 T. cream/creamers<br>¼ cup ice cream      |