

**1 Serving Size** Equals the following for Each Food Group

**Fruit**

- 1 medium apple, banana, orange or pear; or
- ½ cup of chopped fruit.



**Vegetables**

- 1 cup of raw leafy vegetables; or
- ½ cup of other vegetables cooked or raw.



**Meat**

- 2 – 3 oz of cooked lean meat, poultry or fish;
- ½ cup of cooked dry beans ; or
- 1 egg.



**Wheat**

- 1 slice of bread;
- ½ cup of rice or pasta; or
- 1 cup of ready to eat cereal.

