

# How Much Is a Serving?

An understanding of serving sizes can help you maintain a healthy weight. Recommendations from the USDA's Food Guide Pyramid suggests these daily servings:

- 6 to 11 servings of bread, cereal, rice, and pasta
- 2 to 4 servings of fruits
- 3 to 5 servings of vegetables
- 2 to 3 servings of meats, poultry, fish, dry beans and peas, eggs, or nuts
- 2 servings of milk, yogurt, or cheese

Your needs may vary according to your size and activity level. The serving sizes you see listed on food product labels are not recommendations of how much you should eat. They're simply the amount on which the product's nutritional analysis is based.

<u>FOOD</u>	<u>SINGLE SERVING</u>
3 oz meat or fish	Deck of cards or the size of your palm
½ cup of vegetables	Half the size of your fist
Medium apple	Size of a tennis ball
½ cup cooked pasta or rice	Ice cream scoop
1 ½ oz cheese	Pair of dominos
1 tsp butter or margarine	Tip of our thumb
1 oz dry cereal flakes	Large handful