

Food	Serving Size	Frequency
Fruits	4-5 servings: <i>1 serving =</i> -6 ounces 100% fruit juice -1 medium fruit - ¼ cup dried - ½ cup fresh, frozen or canned	Daily
Vegetables	4-5 servings: <i>1 serving =</i> -6 oz 100% vegetable juice -1 cup raw leafy vegetables - ½ cup chopped or cooked	Daily
Grains	7-8 ounce-equivalents: <i>1 ounce-equivalent =</i> -1 oz (28 grams) slice of bread -1 oz dry cereal - ½ cup cooked rice, pasta or cereal	Daily
Meats	≤6 ounces of meat, poultry or fish: <i>1 ounce-equivalent =</i> -1 oz cooked lean meat, poultry or fish -1 whole egg (2 egg whites)	Daily
Nuts and Beans	4-5 servings: <i>1 serving =</i> -1 ½ oz nuts - ½ oz seeds - ½ cup cooked beans	Weekly
Dairy	2-3 cups: <i>1-cup serving =</i> -1 cup low-fat/fat-free milk or yogurt -1 ½ oz low-fat/fat-free natural cheese -2 oz low-fat/fat-free processed cheese	Daily
Oils	2-3 teaspoons (8-12 grams): <i>1 teaspoon-equivalent =</i> -1 teaspoon soft margarine -1 teaspoon vegetable oil -1 tablespoon low-fat mayonnaise -2 tablespoons light salad dressing	Daily
Added Sugars	~2 teaspoons -or- 5 tablespoons	Daily -or- Weekly