



HOW MUCH SHOULD I EAT?

Most of us don't measure or weigh every bite of food. So how do you know if it's too little, enough or too much? Let USDA's MyPlate guide you.

MyPlate recommends:



Grains

Eat 6 oz. every day; make 3 oz. whole grains.*

Examples of 1 oz. servings:

- ½ cup oatmeal or pasta the size of a baseball
- 1 cup dry cereal the size of a baseball
- ½ English muffin
- 1 slice whole wheat bread
- 1 - 4 ½" pancake the size of a compact disc

Vegetables

Eat 2 ½ cups every day.*

Examples include:

- 1 cup raw vegetables the size of a baseball
- ¾ cup vegetable juice
- ½ cup cooked vegetables the size of a light bulb

Fruits

Eat 2 cups every day.*

Examples include:

- ¼ cup dried fruit the size of a baseball
- ½ cup canned fruit, drained, the size of a light bulb
- 1 cup diced melon, berries, peaches, or mango the size of a baseball
- 1 medium piece of fruit such as an apple, peach or ½ of a medium banana

Dairy

Eat 3 servings every day.*

Examples include:

- 1 cup / 8 oz. yogurt or milk the size of a baseball
- ½ cup low fat cottage cheese the size of a baseball
- 1 ½ oz. low fat cheese or ¼ cup shredded cheese the size of three stacked dice

Protein

Eat 5 ½ oz. every day. Include fish, beans, nuts, and lean meats.*

Examples include:

- 3 oz. beef, chicken, or pork the size of a deck of cards
- 3 oz. fish the size of a checkbook
- 1 oz. lunchmeat the size of a compact disc
- 2 Tbsp. peanut butter or hummus the size of a golf ball
- ¼ cup pistachios, almonds, or cashews the size of a golf ball
- ½ cup cooked kidney, garbanzo, pinto, or white beans the size of a light bulb

Fats & Oils

Consume 6 tsp. of healthy fats & oils each day.*

Examples include:

- 1 tsp. peanut butter, olive oil, canola oil, or butter spread the size of the tip of your thumb
- 1 Tbsp. of light mayonnaise the size of a poker chip
- 2 Tbsp. of light salad dressing the size of two poker chips

Sweets & Treats

Enjoy an occasional treat in small amounts.

Examples include:

- 1 piece of dark chocolate (at least 60% cocoa) the size of a dental floss package
- 1 slice of cake the size of a deck of cards
- 1 scoop of light ice cream about the size of a light bulb
- 1 cookie the size of two poker chips

** For a 2,000 calorie diet, you need these amounts from each group.*



Ideas for balancing calories at every meal:

Breakfast:

- 1 cup cooked oatmeal, $\frac{1}{4}$ cup walnuts, $\frac{1}{4}$ cup dried cranberries, 1 cup low/no fat milk
- 1 whole wheat English muffin topped with 2 Tbsp. peanut butter, $\frac{1}{2}$ banana, and 1 cup low fat yogurt

Lunch:

- 3 oz. ham with light mayo on 2 slices whole wheat bread topped with tomatoes, spinach leaves, and cucumbers served with a slice of watermelon
- 1 bowl of lean beef chili with kidney beans, peppers, and onions topped with light sour cream and shredded cheese, whole wheat crackers and some grapes

Dinner:

- 3 oz. salmon with teriyaki glaze, green beans, small baked sweet potato with butter spread, small side salad with light dressing and some raspberries
- 3 oz. lean ground beef mixed with tomato salsa and topped with shredded light cheddar cheese, diced tomato, shredded lettuce, sliced avocado, and light sour cream wrapped in a whole wheat flour tortilla. Serve with a side of diced pears.

Snacks to keep you going in between meals:

- String cheese, whole wheat crackers, and dried apricots
- Baby carrots, snap peas, and whole wheat pita chips dipped in hummus
- Sliced apple dipped in peanut butter
- Light yogurt and cashews

Visit www.choosemyplate.gov for more information on how much, and what, is recommended in each food group.

Food Check-Out Week is February 19 – 25, 2012 and is sponsored by the American Farm Bureau® Women's Leadership Committee.