

So...what's in a serving?

Breads...cereals...grains

- How many ounces should you have in a day?

6 ounces

Breads...cereals...grains

A one-cup serving is about the size of a tennis ball.

1 cup of pasta can be as much as 2 oz!

Be careful of larger than life restaurant servings!!!



Veggies and fruit!!!

How many veggies and fruit should you
have in a day?

Veggies: 2.5 cups

Fruit: 1.5 cups

Veggies and fruit!!!

- A small piece of fruit is about the size of a tennis ball or your fist.
- A scoop of vegetables (or $\frac{1}{2}$ cup) is about the size of a small computer mouse.

Milk

How much milk should you have in a day?

3 cups

Milk



- One cup is about 8 ounces.
- One ounce of cheese is about the same as four dice. An ounce of shredded cheese resembles a golf ball.
- One cup of cottage cheese is about the same size as a tennis ball.



Meat and Beans

How much protein should we have in a day?

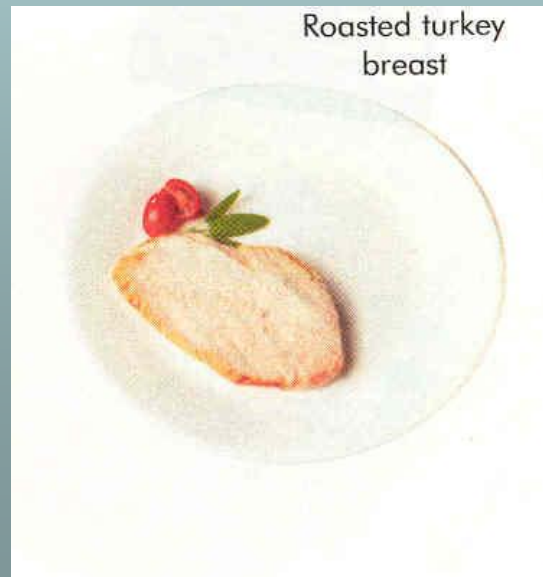
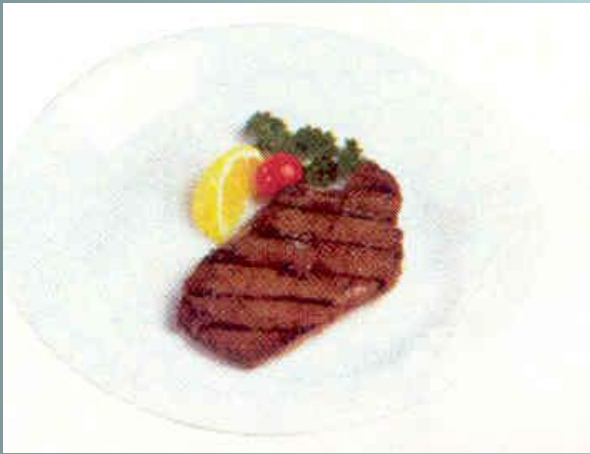
5 ounces

Meat and Beans

- 3 ounces of meat is about the size of a deck of cards or an audio cassette.



What should a plate look like?



Reality vs. Restaurant



Reality vs Restaurant

