

My Pyramid: How Do I Count the Foods I Eat?

Grain Foods: Amount that counts as 1 ounce



- $\frac{1}{2}$ cup cooked cereal, rice or pasta
- $\frac{1}{2}$ "mini" bagel
- $\frac{1}{2}$ hamburger or hot dog bun, pita bread or English muffin
- 1-4 $\frac{1}{2}$ " pancake or waffle, or 1-6" tortilla
- 1 regular slice bread
- 1 ounce dry cereal (1 cup of flake cereal)
- 3 cups popcorn
- 1 small (2 $\frac{1}{2}$ " diameter) muffin
- 5 whole wheat crackers, 7 square or round crackers
- 2 medium-sized cookies or 1 small piece of cake (2.5" X 1.25")
- *Make half your grains whole.

Fruits: Amount that counts as $\frac{1}{2}$ cup

- $\frac{1}{2}$ cup sliced or diced; raw, frozen or canned, drained fruit
- $\frac{1}{2}$ cup juice
- 1 small whole fruit
- $\frac{1}{4}$ cup dried fruit
- $\frac{1}{2}$ cup canned, frozen or cooked fruit



Vegetables: Amount that counts as $\frac{1}{2}$ cup

- $\frac{1}{2}$ cup cooked or raw, non-leafy vegetables
- $\frac{1}{2}$ cup salsa
- $\frac{1}{2}$ cup vegetable juice
- 1 cup leafy greens
- 1 medium carrot, 6 baby carrots
- $\frac{1}{2}$ medium cooked potato (2 $\frac{1}{2}$ to 3" diameter)
- 10 medium to long french fries (high in calories)
- 1 ounce potato chips (high in calories)



Milk Group: Amount that counts as 1 cup

- 1 $\frac{1}{2}$ ounces hard cheese, 2 oz. processed cheese
- $\frac{1}{3}$ cup shredded cheese
- 1 cup milk or calcium fortified soy milk
- 2 cups cottage cheese, $\frac{1}{2}$ cup ricotta cheese
- 8 ounce (1 cup) yogurt
- 1 cup frozen yogurt or 1 $\frac{1}{2}$ cups ice cream
- 1 cup pudding made with milk



Meat and Beans Group: Amount that counts as 1 ounce

- 1 ounce lean beef, pork, fish, shellfish or chicken or turkey without skin (2-3 oz. cooked meat, poultry or fish is size of deck of cards)
- 1 slice (4 $\frac{1}{2}$ X 2 $\frac{1}{2}$ X 1/8") deli meat
- $\frac{1}{4}$ cup cooked dry beans or peas (kidney, baked, black, lentils, chick peas)
- 1 tablespoon peanut butter
- 1 egg
- $\frac{1}{2}$ ounce nuts or seeds (12 almonds, 7 walnut halves)
- $\frac{1}{4}$ cup tofu



σ There are no "good or bad" foods. Eaten in limited amounts, all foods fit into a healthy diet.

