

## SERVING SIZE REFERENCE GUIDE

### NUTS AND SEEDS

- 1/3 cup or 1 oz. nuts
- 2 Tbsp. seeds
- 2 tsp. nut butter  
(peanut, almond, etc.)

### MONOUNSATURATED FATS

- 1 tsp. oil
- 1 tsp. soft margarine
- 1 Tbsp. low fat mayonnaise or soft diet margarine (trans fat free)
- 2 Tbsp. light salad dressing
- 1/8 medium avocado

### LEAN PROTEIN

- 3 oz. cooked fish, poultry, or meat  
(about the size of a deck of cards)
- 1 egg or 1/2 cup legumes = 1oz. fish, poultry, or meat

### LOW FAT DAIRY

- 8 oz. milk
- 1 cup yogurt
- 1 oz. cheese
- 1 1/2 oz. low fat cheese

### WHOLE GRAINS / LEGUMES / STARCH VEGETABLES

- 1 slice bread
- 1 oz. dry cereal
- 1/2 cup cooked rice, pasta, corn, or cereal
- 1 small ear of corn
- 1/2 hamburger bun
- 1/2 small bagel
- 1/2 English muffin
- 1/2 cup cooked legumes  
(beans, green peas, chickpeas, lentils, and barley)
- 1/2 cup starchy vegetables  
(winter and acorn squash, sweet potato, white potato)

### FRUITS / VEGETABLES

- 1 medium fruit
- 1/4 cup dried fruit
- 1/2 cup fresh/frozen/canned fruit
- 1/2 grapefruit
- 6 oz. fruit juice
- 1 cup raw leafy vegetable
- 1/2 cup cooked vegetable
- 1/2 cup raw vegetable
- 6 oz. low sodium vegetable juice