How to measure your meal

**FRUIT**
- You should have 2 to 3 servings a day.
- A medium-size piece of fruit is about as big as a baseball.

**FRUITS AND VEGETABLES**
- ¼ of your plate should be Fruits and Vegetables

**BREADS AND GRAINS**
- You should have 6 to 11 servings a day.
- 1 serving of bread is about as big as a bar of soap.

**LEAN MEAT AND PROTEIN**
- You should have 2 to 3 servings a day.
- 1 serving of meat is about as big as a deck of cards.

**VEGETABLES**
- You should have 3 to 5 servings a day.
- ½ cup of veggies is about as big as a light bulb.
# Portion Sizes

**Important:** Keep in mind that children’s portions should usually be smaller. For instance, a toddler’s serving should usually be about \(\frac{1}{4}\) to \(\frac{1}{3}\) of an adult’s serving. To find out more about feeding your child correctly, talk to your family doctor or pediatrician.

## Fruit
- You should have 2 to 3 servings a day.

A serving is:
- 1 medium-size piece of fruit
- OR \(\frac{1}{2}\) cup of cooked, chopped or canned fruit
- OR \(\frac{1}{4}\) cup of pure fruit juice

## Milk and Dairy
- You should have 2 to 3 servings a day.

A serving is:
- 1 cup of low-fat milk, yogurt or ice cream
- OR 1\(\frac{1}{2}\) ounces of cheese
- 1 serving of cheese is about as big as three dominoes.

## Vegetables
- You should have 3 to 5 servings a day.

A serving is:
- 1 cup of raw lettuce or other leafy vegetables
- OR \(\frac{1}{2}\) cup of chopped or cooked vegetables
- OR \(\frac{1}{4}\) cup vegetable juice
- OR 1 medium potato

## Bread and Grains
- You should have 6 to 11 servings a day.

A serving is:
- 1 slice of bread
- OR 1 small muffin, biscuit or pancake
- OR \(\frac{1}{2}\) hamburger or hot dog bun
- OR \(\frac{1}{2}\) cup of rice, pasta or oatmeal
- OR 1 cup of ready-to-eat cereal

## Fats, Butter, Oil and Sweets
- Just a bite!

## Lean Meat and Protein
- You should have 2 to 3 servings a day.

A serving is:
- 2 to 3 ounces of lean meat, poultry or fish
- OR \(\frac{1}{2}\) cup of cooked dry beans
- OR 2 tablespoons of peanut butter
- OR 1 egg
- OR \(\frac{1}{2}\) cup of nuts

To order additional placemats, go to www.afmc.org/tools.

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