

"A serving" should fit in the palm of your hand.

The palm of your hand is an easy way to think about serving sizes when you don't have measuring cups or scales to guide you.

Eating the right

portions from the five basic food groups is a very important part of a nutritious lunch.

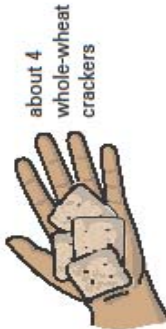
This portion guide can help you gauge the right serving size from each food group.

Aim for at least one serving from each food group at lunch every day.

Whole Grains



1 slice of whole-grain bread



about 4 whole-wheat crackers



1/2 cup of pasta



1 cup of ready-to-eat cereal

Fruits



1 medium apple



1 handful of strawberries



1 small banana



1/4 cup of dried fruit

Vegetables



1 cup of raw leafy vegetables



3 broccoli florets



1 medium sweet potato



6 baby carrots

Lean Meat or Beans or Nuts



2 - 3 ounces of cooked meat



1 egg



1/2 cup of cooked beans



1/3 cup of nuts

Dairy



4 cubes of cheese (dice size)



1 cup of low-fat yogurt (8 oz.)



1 cup of low-fat/skim milk (8 oz.)



1/2 cup of cottage cheese

* This portion chart is based on a 2,000-calorie diet. For other calorie needs, these amounts may need to be adjusted. To find the portions that are right for you, go to MyPlate.gov. This chart also assumes that you are following the Dietary Guidelines for Americans. For more information, visit MyPlate.gov. If you use other food labels in your foods such as substitutions, by substituting with healthier options like 1 tablespoon of low-fat mayo, 2 tablespoons of light salad dressing, or 1 teaspoon of vegetable oil.