

## Serving Sizes for Food Categories

**Starches: Bread, Cereal, Rice, Pastas (80 calories/serving): 1 Carbohydrate Serving = 15gms of Carbs, 3gms of Protein, 1 or less gms of Fat**

<b>Food</b>	<b>Serving Size</b>
Angel food cake	1 1/2" slice (1 ounce)
Animal crackers	8
Bagel	1/2 (1 ounce)
Baked beans	1/3 cup
Barley, bulgur (cooked)	1/2 cup
Biscuit (2 1/2" across)	1 small
Bran cereal (e.g. Fiber One, All Bran, etc)	1/2 cup
Bread (reduced calorie, lite)	2 slices
Bread (whole wheat, rye, white, pumpernickel)	1 slice
Breadsticks (4" long by 1/2" across)	4
Broth-based	1 cup
Cake doughnut (plain)	1 small
Chow mein noodles	1/2 cup
Cookies	2 small
Corn (fresh or frozen)	1/2 cup
Corn muffin (2" across)	1 (2 ounces)
Corn on the cob	1 small ear
Cornbread (2" square)	1 piece (2 oz)
Couscous (cooked)	1/3 cup
Cream based (low-fat or made with skim milk)	1 cup
Croissant	1 small
Croutons	3/4 cup
Dinner roll	1 small (1 ounce)
English muffin	1/2 (1 ounce)
French fries	16 to 25 (1/2 of a small order)
Frozen yogurt	1/2 cup
Frozen yogurt (fat free)	1/3 cup
Gelatin (sugar sweetened)	1/2 cup
Gingersnaps	3
Graham crackers (2 1/2 inch squares)	3
Grape nuts, muesli, low-fat granola	1/4 cup
Grits	1/2 cup
Hamburger or hot dog bun	1/2 (1 ounce)
Hot cereal, cooked (oatmeal, Cream of Wheat, oat bran)	1/2 cup
Ice cream (fat free and no sugar added)	1/2 cup
Matzo	3/4 ounce
Melba toast	4
Mixed vegetables with corn, peas, or pasta	1/2 cup
Muffin (cupcake size)	1 small (1 ounce)
Oyster crackers	24
Pancake (4" across)	1
Parsnips	1/2 cup
Pasta, cooked (spaghetti, noodles, macaroni)	1/3 cup
Peas (green)	1/2 cup
Pita bread (6" across)	1/2
Plantain	1/2 cup
Popcorn (low-fat microwave or popped with no added fat)	3 cups
Potato (baked or broiled)	1 small (3 ounces)
Potato (mashed)	1/2 cup

Pretzel sticks	3/4 ounce
Pudding (sugar free)	1/2 cup
Pudding (sugar sweetened)	1/4 cup
Puffed cereal (unfrosted)	1 1/2 cups
Pumpkin	1 cup
Quick bread: banana, pumpkin, zucchini	3/8 inch slice (1 ounce)
Raisin bread	1 slice
Ready-to-eat cereals (e.g., Cheerios, flake cereal, etc.)	3/4 cup
Rice cakes or popcorn cakes (4" across)	2
Rice minicakes or popcorn minicakes	5
Rice, cooked (white or brown)	1/3 cup
Ry-krisp	4
Saltine crackers (2" squares)	6
Sherbet	1/4 cup
Shredded wheat	1 biscuit
Shredded wheat (spoon size, regular or whole wheat)	1/2 cup
Snack chips: tortilla, potato (fat free or baked)	15 to 20
Sorbet	1/4 cup
Stuffing (bread)	1/3 cup
Sugar frosted cereal	1/2 cup
Sweet potato (fresh, without added sugar)	1/2 cup mashed, 1 small
Taco shells, hard (6" across)	2
Tortilla (6" across)	1
Unfrosted cake	2" square
Vanilla wafers	5
Waffle (4" across)	1
Wheat germ	3 TBS
Winter squash (acorn, butternut, buttercup, Hubbard)	1 cup
Yam (fresh, without added sugar)	1/2 cup mashed, 1 small

**FAT (45 calories/serving): 1 Fat Serving = 0gms of Carbs, 0gms of Protein, 5gms of Fat**

Avocado	2 TBS or 1/8 medium avocado
Bacon fat	1 tsp
Bacon, cooked	1 strip
Butter	1 tsp
Butter, reduced fat	1 TBS
Butter, whipped	2 tsp
Coconut, shredded	2 TBS
Cream cheese	1 TBS
Cream cheese, reduced fat	1 1/2 TBS
Flax oil	1 tsp
Gravy	2 TBS
Half and half (light cream)	2 TBS
Heavy cream	1 TBS
Margarine	1 tsp
Margarine, reduced fat or light	1 TBS
Mayonnaise	1 tsp
Mayonnaise, reduced fat	1 TBS
Miracle Whip salad dressing	2 tsp
Miracle Whip, reduced fat salad dressing	1 TBS
Nondairy cream substitute, liquid or powder	1/4 cup
Nuts (pecans, almonds, or cashews)	4 to 6
Oil (canola, olive, peanut, or sesame)	1 tsp
Olives, black	8 large

Olives, green	10 large
Peanut butter, smooth or crunchy	1/2 TBS
Peanuts	10 large
Salad dress, regular	1 TBS
Salad dressing, reduced fat	2 TBS
Salt pork	1" cube
Seeds, pumpkin, sunflower	1 TBS
Sesame seeds	1 TBS
Shortening or lard	1 tsp
Sour cream	2 TBS
Sour cream, reduced fat	3 TBS
Tahini or sesame paste	2 tsp
Tartar sauce	1 TBS
Tartar sauce, reduced fat	2 TBS
Walnuts	4 halves

**Non-Starchy Vegetable Group (25 calories/serving): 1 Vegetable Serving = 5gms of Carbs, 1-2gms of Protein, 0gms of Fat**

Alfalfa	1/2 cup cooked or 1 cup raw
Artichoke	1/2 cup cooked or 1 cup raw
Artichoke hearts	1/2 cup cooked or 1 cup raw
Asparagus	1/2 cup cooked or 1 cup raw
Bamboo shoots	1/2 cup cooked or 1 cup raw
Beans (green, Italian, yellow or wax)	1/2 cup cooked or 1 cup raw
Bean sprouts	1/2 cup cooked or 1 cup raw
Beets	1/2 cup cooked or 1 cup raw
Broccoli	1/2 cup cooked or 1 cup raw
Brussels sprouts	1/2 cup cooked or 1 cup raw
Cabbage	1/2 cup cooked or 1 cup raw
Carrots	1/2 cup cooked or 1 cup raw
Cauliflower	1/2 cup cooked or 1 cup raw
Celery	1/2 cup cooked or 1 cup raw
Chicory	1/2 cup cooked or 1 cup raw
Chinese cabbage	1/2 cup cooked or 1 cup raw
Cucumber	1/2 cup cooked or 1 cup raw
Eggplant	1/2 cup cooked or 1 cup raw
Green onions or scallions	1/2 cup cooked or 1 cup raw
Greens (beet, collard, dandelion, kale, mustard, turnip)	1/2 cup cooked or 1 cup raw
Jicama (Mexican potato)	1/2 cup cooked or 1 cup raw
Kohlrabi	1/2 cup cooked or 1 cup raw
Leeks	1/2 cup cooked or 1 cup raw
Lettuce (endive, escarole, leafy varieties, romaine, iceberg)	1/2 cup cooked or 1 cup raw
Mixed vegetables without corn, peas, or pasta	1/2 cup cooked or 1 cup raw
Mushrooms	1/2 cup cooked or 1 cup raw
Okra	1/2 cup cooked or 1 cup raw
Onions	1/2 cup cooked or 1 cup raw
Peppers (all varieties)	1/2 cup cooked or 1 cup raw
Radishes	1/2 cup cooked or 1 cup raw
Rhubarb	1/2 cup cooked or 1 cup raw
Rutabaga	1/2 cup cooked or 1 cup raw
Sauerkraut	1/2 cup cooked or 1 cup raw
Snow peas or pea pods	1/2 cup cooked or 1 cup raw
Spinach	1/2 cup cooked or 1 cup raw
Summer squash (yellow or green)	1/2 cup cooked or 1 cup raw

Swiss chard	1/2 cup cooked or 1 cup raw
Tomato, raw	1/2 cup cooked or 1 cup raw
Tomato, cherry	1/2 cup cooked or 1 cup raw
Tomato juice	1/2 cup cooked or 1 cup raw
Tomato paste	1/2 cup cooked or 1 cup raw
Tomato sauce	1/2 cup cooked or 1 cup raw
Turnips	1/2 cup cooked or 1 cup raw
Vegetable juice (e.g., tomato, V8)	1/2 cup juice (4 ounces)
Water chestnuts	1/2 cup cooked or 1 cup raw
Watercress	1/2 cup cooked or 1 cup raw
Zucchini	1/2 cup cooked or 1 cup raw

**FRUIT (60 calories/serving): 1 Fruit Serving = 15gms of Carbs, 0gms of Protein, 0gms of Fat**

Apple	1 small (4 ounces or 2" across)
Apple, dried	4 rings
Applesauce, unsweetened	1/2 cup
Apricots	4 medium
Apricots, canned or frozen, unsweetened	1/2 cup
Apricots, dried	8 halves
Banana	1/2 small (4 ounces)
Blackberries	3/4 cup
Blueberries	3/4 cup
Cantaloupe	1/3 small (1 cup cubed)
Cherries	12 large
Cherries, canned or frozen, unsweetened	1/2 cup
Dates	3 medium
Figs, dried	1 1/2 medium
Figs, fresh	2 medium or 1 1/2 large
Fruit cocktail, canned or frozen, unsweetened	1/2 cup
Fruit juice (100% juice)	1/2 cup (4 ounce)
Grapefruit	1/2 large
Grapes	17 small (3 ounces)
Grapes, canned or frozen, unsweetened	1/2 cup
Guava	1 medium
Honeydew melon	1/8 medium (1 cup cubed)
Kiwi	1 large
Kumquats	5 medium
Mango	1/2 small
Nectarine	1 small
Orange	1 small (2 1/2" across, or 6 1/2 ounces)
Papaya	1/2 medium (1 cup)
Passion fruit	3 medium
Peach	1 medium
Peaches, canned or frozen, unsweetened	1/2 cup
Pear	1/2 large (4 ounces)
Pears, canned or frozen, unsweetened	1/2 cup
Persimmons	2 medium
Pineapple, canned or frozen unsweetened	1/2 cup
Pineapple, fresh or canned in own juice	3/4 cup
Plums	2 small (5 ounces)
Plums, canned or frozen unsweetened	1/2 cup
Pomegranate	1/2 medium
Prickly Pear	1 large
Prunes	3 medium
Raisins	2 TBS

Raspberries	1 cup
Strawberries	1 1/4 cup
Tangelo	1 medium
Tangerines	2 small (8 ounces)
Watermelon, cubed	1 1/4 cup

### **Protein: Meat, Poultry, Fish, Dry Beans, Eggs, Nuts**

#### **Lean protein and meat substitutes (0 to 3 grams of fat and 35-55 calories/serving): 1 Lean Protein Serving = 0gms of Carbs, 7gms of Protein, 0 to 3 grams of Fat**

Beef roasts (rib, chuck, rump)	1 ounce
Beef (sirloin, flank, T-bone, porterhouse steak)	1 ounce
Buffalo	1 ounce
Cheese (less than 3 grams of fat per ounce)	1 ounce
Chicken, without skin	1 ounce
Clams	1 ounce
Cornish hen, without skin	1 ounce
Crab	1 ounce
Dried beans, peas, lentils (cooked)	1/2 cup
Duck, without skin	1 ounce
Egg substitute	1/4 cup
Egg whites	2
Elk	1 ounce
Fish (fresh or frozen)	1 ounce
Goose, without skin	1 ounce
Herring	1 ounce
Hot dog, fat free or low fat	1 small
Imitation shellfish	1 ounce
Lamb (roast, chop, leg)	1 ounce
Lobster	1 ounce
Luncheon meat, fat free or low fat	1 ounce
Ostrich	1 ounce
Oysters	1 ounce
Parmesan cheese	2 TBS
Pheasant, without skin	1 ounce
Pork (tenderloin, center loin chop, ham)	1 ounce
Rabbit	1 ounce
Salmon, canned, drained	1 ounce
Sardines	2 medium
Scallops	1 ounce
Shrimp	1 ounce
Tuna, canned in water, drained	1 ounce
Turkey, without skin	1 ounce
Veal (roast, lean chop)	1 ounce
Venison	1 ounce

#### **Medium-fat proteins and/meat substitutes (75 calories/serving): 1 Medium-Fat Protein Serving = 0gms of Carbs, 7gms of Protein, 4-5 grams of Fat**

Beef (meatloaf, corned beef, short ribs)	1 ounce
Beef, ground	1 ounce
Cheese (less than 5 grams of fat per serving)	1 ounce
Chicken with skin	1 ounce
Chicken, ground	1 ounce
Cornish hen, with skin	1 ounce

Duck, without skin	1 ounce
Egg	1
Fish, fried	1 ounce
Goose with skin	1 ounce
Lamb (rib roast)	1 ounce
Pheasant, with skin	1 ounce
Pork, ground	1 ounce
Ricotta cheese	1/4 cup
Sausage (less than 5 grams of fat/serving)	1 ounce
Tempeh	1/4 cup
Tofu (soybean curd)	1/2 cup (4 ounces)
Turkey with skin	1 ounce
Turkey, ground	1 ounce
Veal (cutlet)	1 ounce
Whole egg	1

**High-fat protein and meat substitutes (100 calories/serving): 1 High-Fat Protein Serving = 0gms of Carbs, 7gms of Protein, 6 or more grams of Fat**

Bacon	3 slices
Bratwurst	1 ounce
Cheese (American, cheddar, Colby, Monterey Jack, Swiss)	1 ounce
Cheese spread	2 TBS
Hot dog (turkey, chicken, beef, pork, or combination)	1
Kielbasa	1 ounce
Luncheon meat (bologna, salami)	1 ounce
Organ meats (liver, heart)	1 ounce
Peanut butter, smooth or crunchy	1 TBS
Pork spareribs, ground pork	1 ounce
Sausage (breakfast)	1 patty or 2 links

**Vegetable Protein (Lean) + 1 Starch (115 calories/serving): 1 Serving = 20gms of Carbs, 8gms of Protein, 1 or less grams of Fat**

Black beans	1/2 cup
Kidney beans	1/2 cup
Red beans	1/2 cup
Lentils	1/2 cup
Black-eyed peas	1/2 cup
Soy beans (cooked)	1/3 cup
White beans (cooked)	1/2 cup
Garbanzo beans	1/2 cup
Lima beans	1/3 cup
Navy beans	1/3 cup
Split peas	1/3 cup
Pinto beans	1/3 cup

**Dairy and Dairy Products (90 calories/serving): 1 Dairy Serving = 12gms of Carbs, 8gms of Protein, 1 or less grams of Fat**

**Low Fat (90 calories/serving): 1 Low-Fat Dairy Serving =**

Cottage cheese (nonfat)	1/2 cup
Buttermilk (fat free or low fat)	1 cup
Dry milk powder (fat free)	1/3 cup
Evaporated skim milk	1/2 cup
Milk (nonfat and 1%)	1 cup
Mozzarella cheese	2 ounces
Pudding (sugar free, made with skim milk)	1/2 cup

