

Sample Food Chart

Food	Equivalents	Amount per Day*	My Amount per Day
Vegetables	1 cup is equal to: <ul style="list-style-type: none"> • 1 cup cooked vegetables • 2 cups raw leafy greens • 1 cup vegetable juice 	2½ cups	
Fruits	1 cup is equal to: <ul style="list-style-type: none"> • 1 small apple; 1 large orange or banana • 1 cup raw or cooked fruit • ½ cup dried fruit 	2 cups	
Grains	1 ounce is equal to: <ul style="list-style-type: none"> • 1 slice bread • 1 cup dry cereal • ½ cup cooked rice, pasta, or oatmeal 	6 ounces (At least 3 ounces should be whole grains.)	
Protein	1 ounce is equal to: <ul style="list-style-type: none"> • 1 ounce lean meat, fish, or poultry • ¼ cup cooked beans • 1 egg • 1 tablespoon peanut butter • ¼ cup tofu 	5½ ounces	
Dairy	1 cup is equal to: <ul style="list-style-type: none"> • 1 cup low-fat or fat-free milk or yogurt • 1½ ounces natural cheese • 2 ounces processed cheese 	3 cups	
Oils	1 teaspoon is equal to: <ul style="list-style-type: none"> • 1 teaspoon vegetable oil (Note: Oil is hidden in other foods. You probably get plenty in the food you eat.) 	6 teaspoons	

Source: U.S. Department of Agriculture, ChooseMyPlate.gov website.

* Based on a 2,000-calorie diet for persons who get at least 30 minutes per day of moderate physical activity, at least 5 days of the week.