

Pyramid Portions vs. Real Life Portions

The key to healthy eating (while maintaining a healthy weight) is understanding serving sizes. The Food Guide Pyramid's serving sizes are much smaller than what we typically eat. It's okay to eat more than one serving at a time, but just be sure to count it as such.

	Pyramid Portions	Typical Portions
Vegetables	<p><i>One serving provides 25 calories.*</i></p> <ul style="list-style-type: none"> - 1 cup raw leafy greens - ½ cup chopped raw or cooked veggies - 1 medium carrot - 4 oz. vegetable juice 	<ul style="list-style-type: none"> - Caesar salad (3 servings veggies + 3 oz. dressing/500 calories) - 1 lb. bag of baby carrots (5 servings veggies/190 calories)
Fruits	<p><i>One serving provides 60 calories.*</i></p> <ul style="list-style-type: none"> - 1 small piece of fruit - 1 cup berries, grapes, or melon cubes - ½ cup canned fruit (in its own juice) - 4 oz. 100% fruit juice - 2 Tbsp. raisins; ¼ cup other dried fruit 	<ul style="list-style-type: none"> - Entire 2 lb. bag of grapes (10 servings fruit /600 calories) - 16 oz. Hansen's or Naked Juice fruit smoothie (4 servings fruit/280 calories)
Grains and starchy vegetables	<p><i>One serving provides 80-100 calories.*</i></p> <ul style="list-style-type: none"> - ½ small (2 oz.) bagel - ½ English Muffin, bun, or pita - 1 slice of bread - 1 6" corn or flour tortilla - 1 oz. cold cereal (¾ cup flakes, ½ c. bran or sweetened cereal, ¼ c. nuggets) - ½ cup pasta, rice, or hot cereal - ½ cup beans or starchy veggies (peas, corn, potatoes, yams) - 3 oz. small baked potato - 3 RyKrisp or graham crackers, 6 Saltines 	<ul style="list-style-type: none"> - 1 large (4 oz.) Noah's bagel (4 servings grain/360 calories) - 1 grande Baja Fresh tortilla (3 servings grain/310 calories) - 1 pint container Panda Express steamed rice (4 servings grain/400 calories) - 16 oz. jumbo baked potato (5 servings grain/480 calories)
Fat fat or 1% low fat milk	<p><i>One serving provides 90-100 calories.*</i></p> <ul style="list-style-type: none"> - 8 oz. fat free or 1% low fat milk - 8 oz. calcium-fortified soy or rice milk - 6 oz. <u>plain</u> or "<u>light</u>" yogurt - 6 oz. <u>fruit</u> or <u>sweetened</u> yogurt <p>(NOTE: Also count as 1-2 fruit servings.)</p>	<ul style="list-style-type: none"> - Same - Same

	Pyramid Portions	Typical Portions
<p>Lean protein-rich foods</p> <p>Higher fat protein-rich foods</p>	<p><i>One serving provides 105-165 calories.*</i></p> <ul style="list-style-type: none"> - 3 oz. <u>skinless</u> chicken or turkey - 3 oz. <u>trimmed</u> round or loin cuts of meat - 3 oz. white fish, canned tuna, or shellfish - ¾ cup fat free cottage cheese - ¾ cup egg substitute or 6 egg whites - 1 soy burger patty - 1 oz. soy protein powder - 1 cup beans or lentils <p>(NOTE: Also count as 1 grain serving.)</p> <p><i>One serving provides 225-300 calories.* (Count as 2-3 fat servings too!)</i></p> <ul style="list-style-type: none"> - 1 cup tofu (8 oz.) – HEALTHY fat - ½ cup tempeh (4 oz.) – HEALTHY fat - 3 oz. fatty fish – HEALTHY fat - 3 oz. chicken or turkey <u>with skin</u> - 3 oz. hamburger, meatloaf, or prime rib - 3 oz. bologna, salami, sausage - 3 oz. cheese - 3 whole eggs 	<ul style="list-style-type: none"> - 6-8 oz. skinless chicken breast (2 servings lean meat/320 calories) - 9 oz. hamburger patty (3 servings high fat meat/745 calories) - 12 oz. prime rib (4 servings high fat meat/1200 calories)
<p>High fat sweets and snacks</p>	<p><i>One serving provides 125-145 calories.* (Count as 1 grain + 1 fat serving)</i></p> <ul style="list-style-type: none"> - 10-15 french fries - 2 small cookies or donettes - 1 small (2 x 2") unfrosted brownie - 3 cups microwave popcorn - 1 small (1.5 oz.) muffin - 7 Triscuits, 8 Ritz, 14 Wheat Thins <p><i>One serving provides 170-190 calories.* (Count as 1 grain or milk + 2 fat servings)</i></p> <ul style="list-style-type: none"> - 15 potato chips or 1 (1 oz.) small bag - 9 tortilla chips - 1 small scoop ice cream, ½ cup <p>- NOTE: ½ cup premium ice cream has 260-310 calories, 1 milk + 4-5 fat!</p>	<ul style="list-style-type: none"> - Large (5 oz.) McDonald's french fries (3 grain + 4 fat servings/450 calories) - 1 large (3 oz.) Mrs. Field's brownie (3 grain + 4 fat servings/420 calories) - 1 large (5 oz.) Starbuck's muffin (4 grain + 4 fat servings/540 calories) - 1 (3 oz.) Super Grab bag of chips (3 grain + 5 fat servings/480 calories) - 9 oz. McFlurry (4 milk/grain + 5 fat servings/610 calories) - 1 pint Haagen-Dazs or Ben and Jerry's premium ice cream = 1140 calories!