

## Typical Serving Sizes:

### Milk Products:

(3 cups per day)

**1 Serving =**

- Skim milk: 1 cup
- Fat-free Yogurt: 1 cup  
(look for sugar substitute)



## Typical Serving Sizes:

### Oils:

(women 5-6 tsp; men 6-7 tsp per day)

**1 Serving = 1 tsp**

(canola oil, corn oil, cottonseed oil, olive oil, safflower oil, soybean oil, sunflower oil)



## Typical Serving Sizes:

### Meat and Alternatives:

(women: 5 ½ oz; men: 6 ½ oz per day)

**1 oz equivalents =**

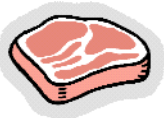
1oz Lean Meat, Poultry, Fish



Nuts: ½ oz (12 almonds, 7 walnuts)

Beans: ½ cup cooked

Tofu: 1/3 cup



Peanut Butter: 1 tbsp

Eggs: 1 egg



University of Dayton Dining  
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See [www.mypyramid.com](http://www.mypyramid.com) for more info



**HOW MUCH ARE  
YOU EATING?**



**...HOW MUCH  
SHOULD YOU BE  
EATING?**

# Typical Serving Sizes:

## Grain Products:

(eat at least 3 oz whole grains and at least 6 oz total carbohydrates per day)

At least 1/2 should be "whole"

1 Serving (1oz) =

- 1 slice whole wheat bread
- 3/4-1 cup whole grain cereal
- 1/2 cup brown rice cooked
- 3 cup low-fat popcorn

2 Servings (2oz) =

- 1 med bagel, pita, bun (Panera bagel = 4 oz)
- 1 cup pasta
- 2 pancakes (4")



# Typical Serving Sizes:

## Fruits and Vegetables:

(at least 5 per day)

1 Serving =

- 1 medium size fruit or vegetable
- 1/2 cup canned fruit (light syrup)
- 1 cup salad
- 1/2 cup cooked vegetables
- 1/2 cup juice (go easy on juice!)



# Be Wary of These Guys:

## Hidden Calories

### Salad Dressing:

Ranch: 203 kcal, 22g fat

Parmesan Peppercorn: 170 kcal, 18g

Bleu Cheese: 150 kcal, 16g fat

Cesar: 150 kcal, 16g fat

Thousand Island: 154 kcal, 15g fat

### Other Condiments:

Mayo: 200 kcal, 22g fat

Honey Mustard: 130 kcal, 11g fat



**\*All in just 2 Tablespoons!! \***

### Other Stuff:

2 slices cheddar cheese:

166 kcal, 14g fat

2 slices bacon:

82 kcal, 8g fat

3oz Salami:

362.3 kcal, 32.3g fat

3oz. Bologna:

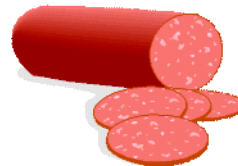
281.9 kcal, 25.1g fat

1 scoop Chicken Salad:

209 kcal, 15.7g fat

1 scoop Tuna Salad:

194 kcal, 16.5g fat



# Here's How to Estimate:

Size it up in your head by remembering these few simple approximations:

1 tsp = tip of thumb

2 tbsp = ping pong ball

3oz of meat = deck of cards

1oz of cheese = 4 dice

1oz of nuts = a handful

1 medium size fruit = tennis ball

1/2 cup serving = 1/2 tennis ball

1 cup serving = a fist

