Typical Serving Sizes:

**Milk Products:**
(3 cups per day)

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

**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)

**Meat and Alternatives:**
(women: 5 ½ oz; men: 6 ½ oz per day)

1 oz equivalents =
- 1 oz 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 Services

Wylan Ganote RD/LD

Prepared By: Mary Hicks
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Email Questions to:
Wylan.Ganote@notes.udayton.edu
See www.mypyramid.com for more info
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
- ½ cup canned fruit (light syrup)
- 1 cup salad
- 1/2 cup cooked vegetables
- ½ 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
- Caesar: 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
- ½ cup serving = ½ tennis ball
- 1 cup serving = a fist