Suggested Servings from Each Food Group

Food Type	1,600 Calories	2,000 Calories	Examples of One Serving
Grains At least half of your servings should be whole-grain.	6 servings per day	6-8 servings per day	• 1 slice bread • 1 oz dry cereal (check nutrition label for cup measurements of different products) • 1/2 cup cooked rice, pasta, or cereal (about the size of a baseball)
Vegetables Eat a variety of colors and types	3-4 servings per day	4-5 servings per day	• 1 cup raw leafy vegetables (about the size of a small fist) • 1/2 cup cut-up raw or cooked vegetables • 1/2 cup vegetable juice
Fruits Eat a variety of colors and types	4 servings per day	4-5 servings per day	• 1 medium fruit (about the size of a baseball) • 1/4 cup dried fruit • 1/2 cup fresh, frozen, or canned fruit • 1/2 cup fruit juice
Fat-free or low-fat dairy Products	2-3 servings per day	2-3 servings per day	• 1 cup fat-free or low-fat milk • 1 cup fat-free or low-fat yogurt • 1 and1/2 oz fat-free or low-fat cheese (about the size of 6 stacked dice)
Lean meats, poultry, and seafood	3-6 oz (cooked) per day	Less than 6 oz per day	• 3 oz cooked meat (about the size of a computer mouse) • 3 oz grilled fish (about the size of a checkbook)
Fats and oils Use liquid vegetable oils and soft margarine most often	2 servings per day	2-3 servings per day	• 1 tsp soft margarine • 1 Tbsp mayonnaise • 1 tsp vegetable oil • 1 Tbsp regular or 2 Tbsp low-fat salad dressing (fat-free dressing does not count as a serving)
Nuts, seeds, and legumes	3-4 servings per week	4-5 servings per week	• 1/3 cup or 1 and 1/2 oz nuts • 2 Tbsp peanut butter • 2 Tbsp or 1/2 oz seeds • 1/2 cup dry beans or peas
Sweets and added sugars	0 servings per week	5 or fewer servings per week	• 1 Tbsp sugar • 1 Tbsp jelly or jam • 1/2 cup sorbet and ices • 1 cup lemonade