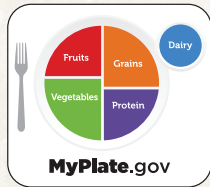
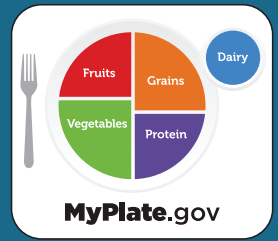
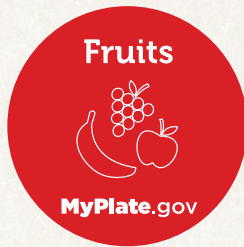
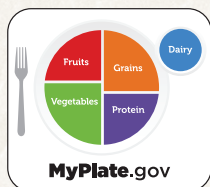


Patient's Name: _____ Age: _____

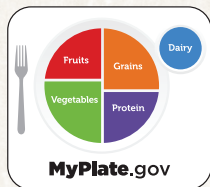
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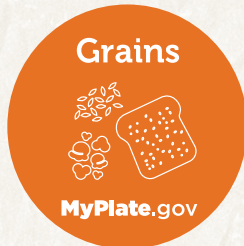
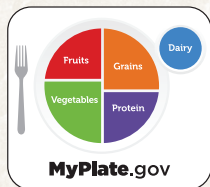
Age range	Recommended number of daily servings	What is a serving size?
Youth, ages 2-3	2 cups	1 cup=1 cup of milk; 8 oz yogurt; 1.5 oz hard cheese
Youth, ages 4-18	2.5 cups	
Adults, ages 19-51+	3 cups	



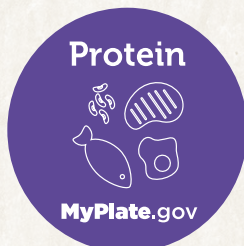
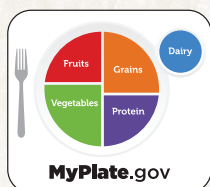
Age range	Recommended number of daily servings	What is a serving size?
Youth, ages 2-18	1 cup-2 cups	1 cup=1 small apple; 1 large banana; 1 large orange
Adults, ages 19-51+	1.5 cups-2 cups	



Age range	Recommended number of daily servings	What is a serving size?
Youth, ages 2-18	1 cup-3 cups	1 cup=2 cups raw spinach; 1 large baked sweet potato; 1 cup cooked dry beans and peas
Adults, ages 19-51+	2 cups-3 cups	

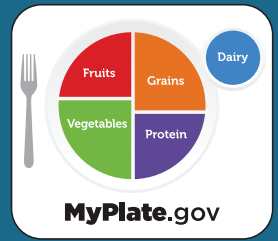


Age range	Recommended number of daily servings	What is a serving size?
Youth, ages 2-18	3 ounce equivalents-8 ounce equivalents	1 ounce equivalent=1 slice of bread; 1 cup of ready-to-eat cereal; ½ cup cooked rice or pasta; ½ cup cooked cereal
Adults, ages 19-51+	5 ounce equivalents-8 ounce equivalents	



Age range	Recommended number of daily servings	What is a serving size?
Youth, ages 2-18	2 ounce equivalents-6.5 ounce equivalents	1 ounce equivalent=1 ounce of cooked meat, poultry, or fish; ¼ cup cooked beans; 1 egg; 1 tbsp peanut butter; ½ ounce of nuts or seeds
Adults, ages 19-51+	5 ounce equivalents-6.5 ounce equivalents	

Size Up Your Serving!



Choose Lowfat Or Fat-Free Dairy

1 cup



Amount/portion that counts as 1 cup

Milk
8 oz

Yogurt
8 oz

Cheese
1½ oz

Shredded cheese
1/3 cup

Focus On Fruits

½ cup



Amount/portion that counts as ½ cup

100% fruit juice
½ cup

Apple
1 small

Dried fruit
¼ cup

Strawberries
½ cup

Vary Your Veggies

1 cup



Amount/portion that counts as 1 cup

Raw leafy greens
2 cup

Carrots
1 cup

Baked potato
1 medium

Broccoli (cooked)
3 spears

Make Half Your Grains Whole

1 oz



Amount/portion that counts as 1 oz equivalent

Bread
1 slice

Whole grain pasta
½ cup

Cereal
1 cup

Whole wheat crackers
5 crackers

Vary Your Protein Routine

1 oz



Amount/portion that counts as 1 oz equivalent

Poultry, fish or lean meat (cooked)
1 oz

Beans or peas (cooked)
¼ cup

Nuts or seeds
½ oz

1 egg



Palm
3 oz



Fist
1 cup



Cupped hand
½ cup



Thumb
1 Tbsp