

## Portions

This topic is often challenging because many people are used to larger portions than those recommended. Use the table on page 2 to guide your daily intake and the notes below to quantify portion size.

All foods consumed are assumed to be in their natural cooked or raw form. They are nutrient-dense, lean or low-fat, and prepared without adding fats, sugars, or refined starch.

### Grains:

A one-ounce serving is equivalent to 1 slice of bread or ½ cup of cooked pasta, or ½ cup of cooked rice (or other grain, like quinoa or barley), or 1 cup of cold ready-to-eat cereal

3 cups popped popcorn without butter = 1 oz

*A simple way to eyeball a serving of grains is as follows: ½ cup of pasta looks like ½ baseball; 1 cup of rice or pasta (which is 2 servings) is the size of your fist.*

**\*\* One typical NY bagel is the equivalent of 5 servings of grains! Plus, none of the servings are whole grains.**

### Protein:

1 egg is 1 ounce

1 tablespoon of peanut butter = 1 ounce

1 can tuna, drained = 3 to 4 ounces

¼ cup cooked dry beans = 1 ounce

½ ounce nuts or seeds is considered a 1 ounce-equivalent of protein

*3 ounces of meat is the size and thickness of the palm of your hand or a deck of cards*

**Dairy** (low-fat or fat-free): 1 serving or 1 cup is equivalent to:

1 cup of yogurt (6 - 8 oz single serving container)

1 cup milk (non-fat)

1.5 ounces natural cheese

2 ounces processed cheese

*2 ounces of cheese is the size of 2 fingers*

**Vegetables:** consider the quantities listed as your minimum daily vegetable intake except for the 2 subcategories of legumes and starchy vegetables.

1 cup raw or cooked vegetables = 2 cups leafy salad greens

**Fruits: The USDA places limits on fruit intake; Dr. Feiweil recommends unlimited quantities as long as the fruit is fresh (or frozen) and whole. Juice and dried fruit are high in sugar and should NOT be eaten limitlessly.**

1 medium fruit (size of baseball)

½ cup chopped fruit

½ cup of fresh fruit = ¼ cup dried fruit

<b>Calorie Level</b>	<b>1,600</b>	<b>1,800</b>	<b>2,000</b>	<b>2,200</b>	<b>2,400</b>	<b>2,600</b>	<b>2,800</b>	<b>3,000</b>
<b>Food Group</b>								
<b>Vegetables</b>	<b>2 c</b>	<b>2½ c</b>	<b>2½ c</b>	<b>3 c</b>	<b>3 c</b>	<b>3½ c</b>	<b>3½ c</b>	<b>4 c</b>
Legumes (beans and peas) (c/wk)	1	1½	1½	2	2	2½	2½	3
Starchy vegetables (c/wk)	4	5	5	6	6	7	7	8
<b>Fruits</b>	<b>1½ c</b>	<b>1½ c</b>	<b>2 c</b>	<b>2 c</b>	<b>2 c</b>	<b>2 c</b>	<b>2½ c</b>	<b>2½ c</b>
<b>Grains</b>	<b>5 oz</b>	<b>6 oz</b>	<b>6 oz</b>	<b>7 oz</b>	<b>8oz</b>	<b>9 oz</b>	<b>10 oz</b>	<b>10 oz</b>
<b>Dairy</b>	<b>3 c</b>	<b>3 c</b>	<b>3 c</b>	<b>3 c</b>	<b>3 c</b>	<b>3 c</b>	<b>3 c</b>	<b>3 c</b>
<b>Protein Foods</b>	<b>5 oz</b>	<b>5 oz</b>	<b>5½ oz</b>	<b>6 oz</b>	<b>6½ oz</b>	<b>6½ oz</b>	<b>7 oz</b>	<b>7 oz</b>
Seafood (oz/wk)	8	8	8	9	10	10	10	10
Meats, poultry, eggs (oz/wk)	23	23	26	28	31	31	33	33
<b>Oils</b>	<b>22 g</b>	<b>24 g</b>	<b>27 g</b>	<b>29 g</b>	<b>31 g</b>	<b>34 g</b>	<b>36 g</b>	<b>44 g</b>
<b>Limit on Calories for Other Uses, calories (% of calories)*</b>	130 (8%)	170 (9%)	270 (14%)	280 (13%)	350 (15%)	380 (15%)	400 (14%)	470 (16%)

USDA Food Patterns. Dietary Guidelines 2015-2020

\*These are the extras for treats (eg, dessert, sauces, dips, alcohol – up to 1/day women; 2/day men) or you can choose to eat more of the recommended healthy, whole foods.