

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

Calorie Level	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000
Food Group								
Vegetables	2 c	2½ c	2½ c	3 c	3 c	3½ c	3½ c	4 c
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
Fruits	1½ c	1½ c	2 c	2 c	2 c	2 c	2½ c	2½ c
Grains	5 oz	6 oz	6 oz	7 oz	8oz	9 oz	10 oz	10 oz
Dairy	3 c	3 c	3 c	3 c	3 c	3 c	3 c	3 c
Protein Foods	5 oz	5 oz	5½ oz	6 oz	6½ oz	6½ oz	7 oz	7 oz
Seafood (oz/wk)	8	8	8	9	10	10	10	10
Meats, poultry, eggs (oz/wk)	23	23	26	28	31	31	33	33
Oils	22 g	24 g	27 g	29 g	31 g	34 g	36 g	44 g
Limit on Calories for Other Uses, calories (% of calories)*	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.