

Controlling your risk: How much is a serving?

An alcohol serving is 1½ ounces of hard liquor, 6 ounces of wine, or 12 ounces of beer. Limit to...

2 or fewer a day for men.

1 or fewer a day for women.

Junk Foods and Sweets: Limit servings, if...
normal weight to 1 or fewer a day.

overweight or obese to 3 or fewer a week.

Fats: Limit to 2 ½ servings a day. A serving is...

one tablespoon of any of the following: olive oil, canola oil, peanut oil, non-trans fat margarine, or an oil based salad dressing.

2 teaspoons of any of the following: natural peanut butter, almond butter, hummus, or avocado.

Protein includes dry beans, lentils, and peas, eggs, fish, meat, nuts & seeds, or poultry. A healthy goal is 2 servings a day. A serving is...

3 ounces of lean meat, poultry, and fish, or 1 egg
1/3 cup nuts or seeds or 2 teaspoons peanut butter

1/2 cup of tofu, cooked dried beans, lentils, or peas.

Calcium group: Try to have 2 to 3 servings daily of a low-fat or non-fat dairy, soy or other calcium source

1 cup dairy or soy milk ½ cup pudding

1 cup yogurt ½ cup ice cream

½ cup of cottage cheese ½ cup frozen yogurt

1 ½ ounces of dairy or soy cheese

Vegetables: Eat 3 to 5 or more servings daily

¾ cup 100 % juice ½ cup cooked or raw

1 cup green leafy vegetables

Fruits: Eat 2 to 4 servings daily

¾ cup 100 % juice ¼ cup dried fruit

¼ melon ½ grapefruit

½ cup cooked or canned fruit ½ cup berries

½ banana 1 medium whole fruit

Carbohydrate: Eat 6 to 11 servings daily including breads, cereal, pasta, rice, and other grains

1 slice of bread ½ cup cooked rice

½ cup cooked noodles ½ cup cooked cereal

½ cup cooked pasta ½ cup couscous

½ roll or bagel ½ English muffin

¾ cup dry cereal 1 medium potato

Variety is the spice of life!