

# How Much Food Should I Eat Each Day?

## WOMEN



Total amount of food for the day with Less than 30 minutes of activity (*beyond normal activity*)

| WOMAN's Age:      | 19-30 years old | 31-50 years old | 51+ years old |
|-------------------|-----------------|-----------------|---------------|
| <b>Vegetables</b> | 2 ½ cups        | 2 ½ cups        | 2 cups        |
| <b>Fruits</b>     | 2 cups          | 1 ½ cups        | 1 ½ cups      |
| <b>Grains</b>     | 6 ounces        | 6 ounces        | 5 ounces      |
| <b>Protein</b>    | 5 ½ ounces      | 5 ounces        | 5 ounces      |
| <b>Dairy</b>      | 3 cups          | 3 cups          | 3 cups        |

### VEGETABLES

#### How much is 1 CUP OF VEGETABLES?

- 1 cup of fresh, frozen or canned vegetables
- 1 large ear of corn on the cob
- 1 medium carrots or 6 baby carrots
- 1 large sweet potato
- 1 medium white potato (baked or boiled)
- 2 cups raw leafy salad greens (lettuce or spinach)
- 1 cup tomato or vegetable juice (100% juice)

### FRUITS

#### How much is 1 CUP OF FRUIT?

- ½ large apple (3 ¼" round)
- 1 large banana (8" - 9" long)
- 1 cup of fresh chopped, cooked, or canned fruit (ie. applesauce, fruit salad, etc..)
- 1 small wedge watermelon (1" thick)
- ¼ cup (2 ounces) of fruit juice (100% juice)
- ½ cup dried fruit

### GRAINS

#### How much is 1 OUNCE OF GRAINS:

- 1 cup of dry breakfast cereal
- ½ cup of oatmeal or other hot cereal
- ½ cup of cooked pasta or rice
- 1 slice of bread or 1/2 of an English muffin
- 1 "mini bagel (1 large bagel is 4 ounces)
- 5-7 plain crackers
- 1 medium pancake (4 ½" round)
- 1 Flour or corn tortilla (6" round)

### PROTEIN

#### How much is 1 OUNCE OF PROTEIN?

- 1 ounce of cooked lean meat, poultry, or fish
  - small chicken breast half = 3 ounces
  - small hamburger = 3 ounces
  - 1 can of tuna, drained = 3-4 ounces
- ¼ cup of cooked beans (1 cup of lentil or pea soup is 2 ounces)
- 1 slice sandwich turkey or other deli meats
- 1 egg
- 1 Tablespoon of peanut butter

### DAIRY

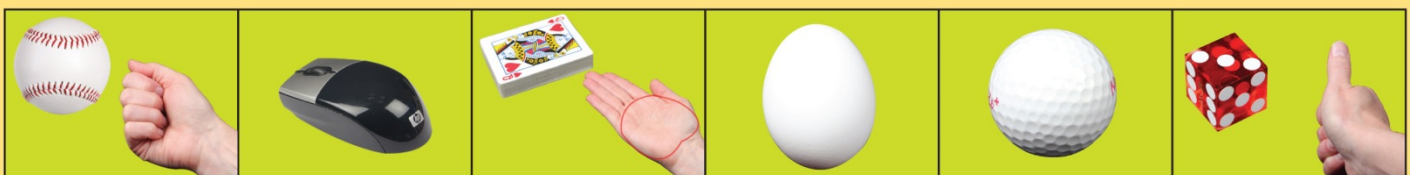
#### How much is 1 CUP OF DAIRY?

- 1 cup milk (8 oz.)
- 1 cup (8 oz.) yogurt (snack-size container = ½ cup)
- 1½ ounces of natural cheese (about 2 slices or 1/3 cup shredded of Cheddar, Mozzarella or Swiss)
- 2 ounces of processed cheese (about 3 slices of American cheese)
- 1 ½ cups ice cream (1 small scoop = 1/3 cup)

### MEALTIME TIPS

- Eat on a plate that is 8" round. Don't heap food on plate, space between foods is healthy.
- Make half your plate fruits and vegetables.
- Make half your grains whole grains
- Choose low-fat or fat-free dairy products.
- Eat a variety lean proteins. Eat fish two times a week.
- Drink water instead of sugary drinks.

### ESTIMATING PORTION SIZES



Baseball / Fist  
1 cup / 8 ounces

Computer Mouse  
1/2 cup / 4 ounces

Deck of Cards / Palm  
3 ounces

Egg  
1/4 cup / 2 ounces

Golf Ball  
2 Tbsp. / 1 ounce

Dice / Thumb Tip  
1 tsp.