

# What is a “serving?”

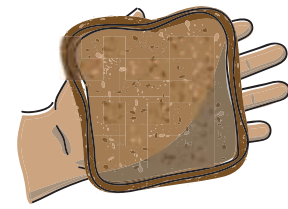
A “serving” is an amount of food that can fit in the palm of your hand. The chart below offers a healthy way to help you gauge the right servings from each food group.

The palm of your hand is an easy way to think about serving sizes when you don’t have measuring cups or scales to guide you.

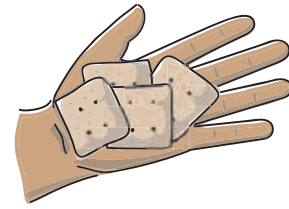
Eating the right portions from the five basic food groups is a very important part of a nutritious lunch.

Aim for at least one serving from each food group at lunch every day.

## Whole Grains



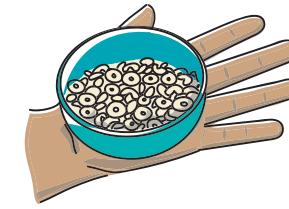
1 slice of whole-grain bread



about 4 whole-wheat crackers

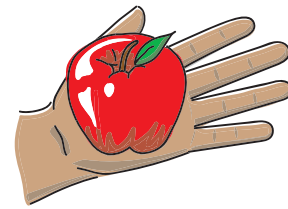


1/2 cup of pasta

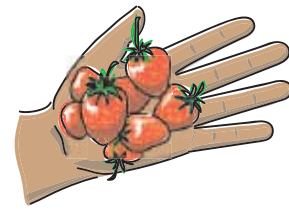


1 cup of ready-to-eat cereal

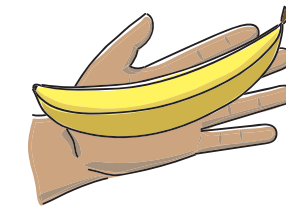
## Fruits



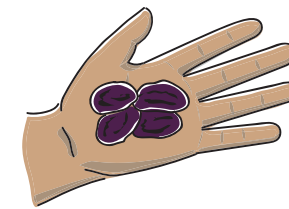
1 medium apple



1 handful of strawberries



1 small banana

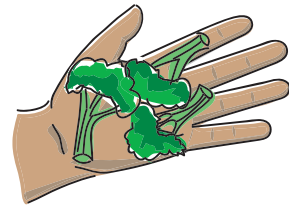


1/4 cup of dried fruit

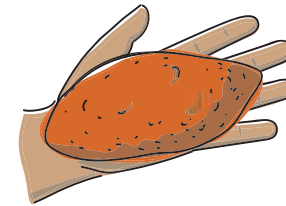
## Vegetables



1 cup of raw leafy vegetables



3 broccoli florets



1 medium sweet potato

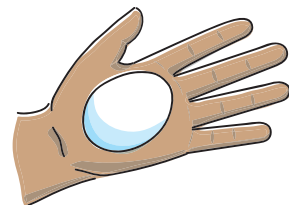


6 baby carrots

## Lean Meat, Beans & Nuts



2 - 3 ounces of cooked meat



1 egg

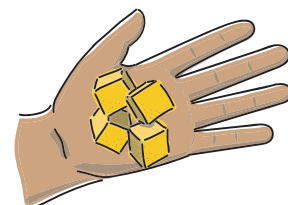


1/2 cup of cooked beans



1/3 cup of nuts

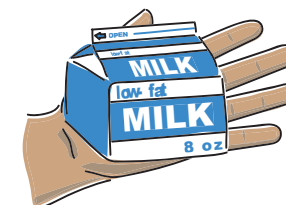
## Dairy



4 cubes of cheese (dice size)



1 cup of low-fat yogurt (8 oz.)



1 cup of low-fat/skim milk (8 oz.)



1/2 cup of cottage cheese