

How Much Do YOU Eat?

Use these everyday items to estimate the amount you eat.



Amounts of foods
For 2,000 calories

½ cup of fruit juice
= size of a 4 oz juice box

1 small apple = 1 cup
= size of a baseball

½ cup of sliced fruit
= size of a small computer mouse

2 cups
Fruit Group

½ cup of carrots or other vegetables
= size of a small computer mouse

10 medium fries counts as ½ cup
= size of a deck of cards

1 cup of raw vegetables
= size of a baseball

2½ cups
Vegetable Group

1 cup of milk
= an 8 oz carton of milk

1 cup of yogurt
= size of a baseball

½ oz. of low-fat natural cheese*
= size of two 9-volt batteries

*Counts as one cup

3 cups or equivalent
Milk Group

2-3 oz. of meat, poultry or fish
= size of a deck of cards

1 tablespoon of peanut butter counts as 1 oz
= size of one 9-volt battery

½ cup of beans counts as 2 oz
= size of a small computer mouse

5½ ounces or equivalent
Meat & Beans Group

½ cup of cooked pasta = 1 oz
= size of a small computer mouse

1 cup of dry cereal = 1 oz
= size of a baseball

1 slice of bread counts as 1 oz
= size of a CD*

*About the thickness of 10 CDs (½ inch)

6 ounces or equivalent
Grains Group