

Food and sample portion	Grains Group (oz. eq.)	Vegetable Group (cups)	Fruit Group (cups)	Dairy Group (cups)	Protein Foods Group (oz. eq.)	Estimated total calories
Pizza with cheese and extra vegetables, thick crust (1 piece)	3	1/2	0	3/4	0	380
Pizza with sausage, pepperoni, or other meat, thick crust (1 piece)	3	1/4	0	3/4	1/4	400
Lasagna, with meat (1 piece 3½" by 3¼" or 1 cup)	1 1/2	1/2	0	3/4	1	405
Vegetable lasagna, no meat (1 piece 3½" by 3¼" or 1 cup)	1 1/2	3/4	0	3/4	0	320
Macaroni and cheese (1 cup, made from dry packaged mix)	2	0	0	1/4	0	335
Tuna noodle casserole (1 cup)	2	0	0	1/4	2	430
Chicken pot pie (1-8 ounce pie)	2 1/2	1/4	0	0	1 1/2	485
Beef tacos with cheese, lettuce, tomato, and salsa (2 tacos)	1 1/2	1/2	0	1/4	1 1/2	340
Burrito with beans, cheese, onions, & salsa, meatless (1 small)	2	1/4	0	1/4	1 1/4*	340
Burrito with beef, beans, rice, and cheese (1 large)	4 1/2	1/4	0	1/2	3*	840
Egg roll with beef and/or pork (1 egg roll)	1/2	1/4	0	0	1/2	180
Chicken fried rice (1 cup)	1 1/2	1/4	0	0	1	330
Stuffed peppers with rice and meat (1 half pepper)	1/2	1/2	0	0	1 1/2	205
Beef and vegetable stir-fry (1 cup, without rice)	0	1/2	0	0	1 1/2	165
Cream of tomato soup (1 cup)	1/2	1	0	1/2	0	135

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Double cheeseburger, with catsup, pickles, & onions on bun (1 burger)	2 1/2	1/4	0	1/2	2	450
Cold cut or Italian sub with cheese, lettuce, tomato, and mayonnaise (1 sub 6" long)	2	1/4	0	1/2	2 1/2	535
Peanut butter & jelly sandwich (1 sandwich)	2	0	0	0	1 1/2	330
Tuna salad sandwich (1 sandwich)	2	1/4	0	0	2	290
Chef salad with meat, egg, and cheese, no dressing (1 salad-about 3½ cups)	0	1 1/4	0	1/2	2 1/2	255
Pasta salad with vegetables (1 cup)	1 1/2	1/4	0	0	0	360
Spaghetti with tomato sauce and meatballs (1½ cups)	2 1/2	1	0	1/4	1 1/2	575
Breakfast sandwich: egg, cheese, and sausage on English muffin (1 sandwich)	2	0	0	1/2	1 1/2	455
Chili con carne with beans (¾ cup)	0	1/2	0	0	1 1/2*	190
Chicken vegetable soup with rice, chunky style (1 cup)	1/2	1/4	0	0	1	130
Lentil soup (1 cup)	0	1/4	0	0	2*	185
Lo mein with shrimp or beef (1 cup)	1 1/2	3/4	0	0	1	250-300
Cheese quesadilla (1 quesadilla)	1 1/2	0	0	1 1/4	0	490
Sushi with vegetables and fish (1 roll—6 pieces)	1 1/2	1/4	0	0	1/2	240
Banana-nut bread (2 slices)	2 1/2	0	1/4	0	1/2	430
Cherry cobbler (½ cup)	1	0	1/4	0	0	210
Pie, double crust apple or peach (1 slice of a 9" pie)	2	0	1/4	0	0	335-355

* Beans in this dish are counted as Protein Foods. They could also be counted as vegetables.