



HOW MUCH SHOULD I EAT?

Most of us don't measure or weigh every bite of food. So how do you know if it's too little, enough or too much? Let USDA's MyPyramid guide you.

MyPyramid recommends:

Grains

Eat 6 oz. every day; make 3 oz. whole grains.*

Count these as 1 oz.:

- 1 slice bread
- 1 cup ready-to eat cereal
- ½ cup cooked rice, cooked pasta or cooked cereal
- 1 mini bagel
- ½ English muffin
- 1 (4 ½ inch) pancake

Vegetables

Eat 2 ½ cups every day.*

Count these as 1 cup:

- 1 cup raw or cooked vegetables or vegetable juice
- 2 cups raw leafy greens
- 12 baby carrots
- 1 large bell pepper
- 1 large ear corn

Fruits

Eat 2 cups every day.*

Count these as 1 cup:

- 1 cup fresh fruit or 100% fruit juice
- ½ cup dried fruit, such as raisins, plums or apricots
- 1 small apple
- 8 large strawberries
- 32 grapes

Dairy

Get 3 cups (2 cups for kids age 2-8) every day.*

Count these as 1 cup:

- 1 cup milk
- 1 cup (8 oz.) yogurt
- 1 ½ ounces natural cheese
- 2 cups processed cheese
- ⅓ cup shredded cheese
- 2 cups cottage cheese
- 1 cup pudding made with milk

Meats & Beans

Eat 5 ½ oz. every day.*

Count these as 1 oz.:

- 1 oz. cooked lean beef, pork or ham, chicken, turkey or fish
- ¼ cup cooked dry beans (black, kidney, pinto, white)
- 1 egg
- 1 tablespoon peanut butter or almond butter
- ½ oz. nuts or seeds (12 almonds or 24 pistachos or 7 walnut halves)
- 2 tablespoons hummus
- ¼ cup (2 oz.) tofu

** For a 2,000 calorie diet, you need these amounts from each group.*

Visit www.mypyramid.gov for more information on how much, and what, is recommended in each food group.

Food Check-Out Week is February 21-27, 2010 and is sponsored by the American Farm Bureau® Women's Leadership Committee.