

Servings and portions

How big is one serving? How much should we eat?

One serving is a standard amount of a specific food. When trying to eat a certain number of servings of a specific food group, understanding serving size is important.

Listed below are standard serving sizes for the food groups.

One serving of:	is about the same size:
bread/grains (1 ounce)	a CD case
leafy greens and milk or yogurt (1 cup)	a tennis ball
red meat, chicken, fish (3 ounces)	a deck of cards
small baked potato	a computer mouse
peanut butter (1 tablespoon)	a ping pong ball
cheese (1 ounce)	four dice

A balanced diet usually includes different serving amounts for each food group. For example, it might be recommended that you eat three servings of breads/grains each day. MyPyramid can help you understand how many servings of different types of foods will keep your family healthy. Keeping in mind the number servings you're aiming for can help you plan how many servings to eat at each meal.

Portions are personal

How much you eat at one sitting is called the portion size. The amount you eat at a meal may be more or less than one serving. The right portion size is the one that provides the right number of servings to meet your needs for that meal. For example, if you are aiming for five servings of fruits and vegetables daily, and by dinnertime, you've only had two servings, making a portion of three servings of fruit and vegetables the main part of your meal will help you meet your goal and stay healthy.

Over time, portion sizes served at restaurants and fast-food chains have grown. The portion you get at a restaurant may be more than you need, so it is up to you to decide how much is enough. MyPyramid helps you understand how much you need, and the serving guide helps you figure out how much of the oversized restaurant portion is the right amount for you and your family.

Visit the MyPyramid website for more information about services and portions: <http://www.mypyramid.gov/>

Flavors of Fall Bread Pudding

What You'll Need

4 cups whole wheat bread, toasted and cubed (about 4-6 slices of thick bread)

1/2 cup unsweetened applesauce

1 1/2 cups apple, peeled, cored and shredded; or ripe banana mashed

1 whole egg, lightly beaten

2 egg whites, lightly beaten

2 cups skim milk

1/4 cup sugar

2 tablespoons vanilla extract

1 teaspoon cinnamon

1/2 teaspoon nutmeg

cooking spray

Serves 6

Let's Cook!

- 1 Preheat oven to 350 degrees.
- 2 Spray 8x8 baking dish with cooking spray.
- 3 Place bread in baking dish.
- 4 Mix remaining ingredients together and pour over bread. Make sure each piece of bread is covered with liquid. Cover with plastic wrap.
- 5 Refrigerate for 30 minutes.
- 6 Bake uncovered for 50 – 60 minutes.

Nutrition Facts

Serving Size (194g)	
Servings Per Container 6	
Amount Per Serving	
Calories 180	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 230mg	10%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars 16g	
Protein 8g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 6%

Nutrition Facts for recipe made with apples

