

How Many Should I Eat?



Fruits and Vegetables

You should eat **5 cups** of fruits and vegetables each day (at least **2 cups** of fruit and **3 cups** of vegetables) focusing on a mix of colors. It is also important to have **3 cups** of dried beans or legumes each week. Examples of what equals 1 cup of fruits or vegetables are:

- ♥ 1 small apple (2.5" diameter)
- ♥ 1/2 cup dried fruit
- ♥ 2 cups raw spinach or leafy greens
- ♥ 1 cup whole, mashed or cooked dried beans or peas
- ♥ 1 cup applesauce
- ♥ 1 cup cooked greens or spinach
- ♥ 1 cup baby carrots
- ♥ 1 cup 100% fruit or vegetable juice

Fruits and vegetables may be fresh, cooked, canned, frozen or dried.



Dairy Products

You should drink **3 cups** of low-fat or fat-free/skim milk or eat an equal amount of low-fat yogurt or cheese every day. Examples of what equals 1 cup of dairy are:



- ♥ 1 cup low-fat or fat-free/skim milk
- ♥ 1 1/2 ounces hard cheese
- ♥ 1 1/2 cups low-fat ice cream
- ♥ 1 cup low-fat frozen yogurt
- ♥ 1 8-ounce container of low-fat or fat-free yogurt
- ♥ 2 ounces processed cheese
- ♥ 1/2 cup ricotta cheese
- ♥ 1 cup pudding made with low-fat or fat-free/skim milk



Most choices in this group should be fat-free or low-fat.

Grains and Grain Products

You should eat **6 ounces** of grains per day with at least half being whole-grain products. Examples of what equals 1 ounce of grains are:



- ♥ 1 slice of whole wheat bread or a 4 ounce whole grain tortilla
- ♥ 5 whole wheat crackers
- ♥ 1/2 cup cooked whole grain pasta
- ♥ 1/2 cup cooked rice
- ♥ 2 small pancakes (3" diameter) made with whole grain flour
- ♥ 1/2 cup cooked oatmeal
- ♥ 7 square or round whole wheat crackers
- ♥ 1 cup dry whole grain cereal



Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product.