

AVERAGE PORTION SIZES



Vegetables

Vegetables= 1 serving=
1/2 to 1 cup
about the size of your fist

Servings per day:

3

Dairy

Cheese= 1 serving = 4
ounces
about the size of 4
small dice
Milk & Yogurt = 1 cup



Servings per day:

3

Meat

Meat= 1 serving= 3
ounces
about the size of a deck
of cards



Servings per day:

2

Starch

Starch= 1 serving = 1/3
to 1/2 cup
about the size of a small
light bulb



Servings per day:

6

Fruit

Fruit= 1 serving= 1
cup
about the size of a
tennis ball



Servings per day:

2



BlueCross BlueShield
of Mississippi

It's good to be Blue.