How Much Do YOU Eat?

Use these everyday items to estimate the amount you eat.

- 1 small apple = 1 cup (size of a baseball)
- ½ cup of fruit juice = size of a 4 oz. juice box
- ½ cup of sliced fruit = size of a small tennis racket
- 1 cup of raw vegetables = size of a baseball
- 10 medium fries counts as ½ cup
- 1 cup of milk = size of a 4 oz. can of milk
- 1 cup of yogurt = size of a baseball
- 1½ oz. of low-fat natural cheese = size of two 9-volt batteries
- 2-3 oz. of meat, poultry or fish = size of a deck of cards
- 1 tablespoon of peanut butter counts as 1 oz
- ½ cup of beans counts as 2 oz
- 1 cup of cooked pasta = 1 oz
- 1 cup of dry cereal = 1 oz
- 1 slice of bread counts as 1 oz
- ½ cup of cooked pasta = size of a small computer mouse
- 1 slice of bread counts as size of a CD

Amounts of foods
2 cups
Fruit Group
2 ½ cups
Vegetable Group
3 cups or equivalent
Milk Group
5 ½ ounces or equivalent
Meat & Beans Group
6 ounces or equivalent
Grains Group

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