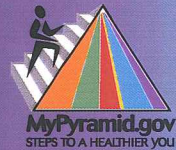


# How Much Do YOU Eat?

Use these everyday items to estimate the amount you eat.



Amounts of foods  
For 2,000 calories

**½ cup of fruit juice**  
= size of a 4 oz. juice box

**1 small apple = 1 cup**  
= size of a baseball

**½ cup of sliced fruit**  
= size of a small computer mouse

**2 cups**  
**Fruit Group**

**½ cup of carrots or other vegetables**  
= size of a small computer mouse

**10 medium fries counts as ½ cup**  
= size of a deck of cards

**1 cup of raw vegetables**  
= size of a baseball

**2½ cups**  
**Vegetable Group**

**1 cup of milk**  
= an 8 oz. carton of milk

**1 cup of yogurt**  
= size of a baseball

**1½ oz. of low-fat natural cheese\***  
= size of two 9-volt batteries

\*Counts as one cup

**3 cups or equivalent**  
**Milk Group**

**2-3 oz. of meat, poultry or fish**  
= size of a deck of cards

**1 tablespoon of peanut butter counts as 1 oz**  
= size of one 9-volt battery

**½ cup of beans counts as 2 oz**  
= size of a small computer mouse

**5½ ounces or equivalent**  
**Meat & Beans Group**

**½ cup of cooked pasta = 1 oz**  
= size of a small computer mouse

**1 cup of dry cereal = 1 oz**  
= size of a baseball

**1 slice of bread counts as 1 oz**  
= size of a CD\*

\*About the thickness of 10 CDs (½ inch)

**6 ounces or equivalent**  
**Grains Group**