

How Much Food Should I Eat Each Day?

MEN



Total amount of food for the day with Less than 30 minutes of activity (*beyond normal activity*)

MAN's Age:	19-30 years old	31-50 years old	51+ years old
Vegetables	3 cups	3 cups	2 ½ cups
Fruits	2 cups	2 cups	2 cups
Grains	8 ounces	7 ounces	6 ounces
Protein	6 ½ ounces	6 ounces	5 ½ ounces
Dairy	3 cups	3 cups	3 cups

VEGETABLES

How much is 1 CUP OF VEGETABLES?

- 1 cup of fresh, frozen or canned vegetables
- 1 large ear of corn on the cob
- 1 medium carrots or 6 baby carrots
- 1 large sweet potato
- 1 medium white potato (baked or boiled)
- 2 cups raw leafy salad greens (lettuce or spinach)
- 1 cup tomato or vegetable juice (100% juice)

FRUITS

How much is 1 CUP OF FRUIT?

- ½ large apple (3 ¼" round)
- 1 large banana (8" - 9" long)
- 1 cup of fresh chopped, cooked, or canned fruit (ie. applesauce, fruit salad, etc..)
- 1 small wedge watermelon (1" thick)
- ¼ cup (2 ounces) of fruit juice (100% juice)
- ½ cup dried fruit

GRAINS

How much is 1 OUNCE OF GRAINS:

- 1 cup of dry breakfast cereal
- 1/2 cup of oatmeal or other hot cereal
- 1/2 cup of cooked pasta or rice
- 1 slice of bread or 1/2 of an English muffin
- 1 "mini bagel (1 large bagel is 4 ounces)
- 5-7 plain crackers
- 1 medium pancake (4 ½" round)
- 1 Flour or corn tortilla (6" round)

PROTEIN

How much is 1 OUNCE OF PROTEIN?

- 1 ounce of cooked lean meat, poultry, or fish
 - small chicken breast half = 3 ounces
 - small hamburger = 3 ounces
 - 1 can of tuna, drained = 3-4 ounces
- 1/4 cup of cooked beans (1 cup of lentil or pea soup is 2 ounces)
- 1 slice sandwich turkey or other deli meats
- 1 egg
- 1 Tablespoon of peanut butter

DAIRY

How much is 1 CUP OF DAIRY?

- 1 cup milk (8 oz.)
- 1 cup (8 oz.) yogurt (snack-size container = ½ cup)
- 1½ ounces of natural cheese (about 2 slices or 1/3 cup shredded of Cheddar, Mozzarella or Swiss)
- 2 ounces of processed cheese (about 3 slices of American cheese)
- 1 ½ cups ice cream (1 small scoop = 1/3 cup)

MEALTIME TIPS

- Eat on a plate that is 8" round. Don't heap food on plate, space between foods is healthy.
- Make half your plate fruits and vegetables.
- Make half your grains whole grains
- Choose low-fat or fat-free dairy products.
- Eat a variety lean proteins. Eat fish two times a week.
- Drink water instead of sugary drinks.

ESTIMATING PORTION SIZES

							
Baseball / Fist		Computer Mouse	Deck of Cards / Palm	Egg	Golf Ball	Dice / Thumb Tip	
1 cup / 8 ounces		1/2 cup / 4 ounces	3 ounces	1/4 cup / 2 ounces	2 Tbsp. / 1 ounce	1 tsp.	