

MyPyramid Serving Equivalents Guide

Handout 4

What counts as an ounce equivalent of grains?

In general, 1 slice of bread, 1 cup of ready-to-eat cereal or 1/2 cup of cooked rice, cooked pasta or cooked cereal can be considered as 1 ounce equivalent from the grains group.

The chart lists specific amounts that count as 1 ounce equivalent of grains towards your daily recommended intake. In some cases, the number of ounce equivalents for common portions are also shown.

		Amount that counts as 1 ounce equivalent of grains	Common portions and ounce equivalents
Bagels	WG*: whole wheat RG*: plain, egg	1/2 "mini" bagel	1 large bagel = 4 ounce equivalents
Biscuits	(baking powder/buttermilk – RG*)	1 small (2" diameter)	1 large (3" diameter) = 2 ounce equivalents
Breads	WG*: 100% whole wheat RG*: white, wheat, French, sourdough	1 regular slice 1 small slice French 4 snack-size slices rye bread	2 regular slices = 2 ounce equivalents
Bulgur	cracked wheat (WG*)	1/2 cup cooked	
Cornbread	(RG*)	1 small piece (2 1/2" x 1 1/4" x 1 1/4")	1 medium piece (2 1/2" x 2 1/2" x 1 1/4") = 2 ounce equivalents
Crackers	WG*: 100% whole wheat, rye RG*: saltines, snack crackers	5 whole wheat crackers 2 rye crispbreads 7 square or round crackers	
English muffins	WG*: whole wheat RG*: plain, raisin	1/2 muffin	1 muffin = 2 ounce equivalents
Muffins	WG*: whole wheat RG*: bran, corn, plain	1 small (2 1/2" diameter)	1 large (3 1/2" diameter) = 3 ounce equivalents
Oatmeal	(WG)	1/2 cup cooked 1 packet instant 1 ounce dry (regular or quick)	
Pancakes	WG*: whole wheat, buckwheat RG*: buttermilk, plain	1 pancake (4 1/2" diameter) 2 small pancakes (3" diameter)	3 pancakes (4 1/2" diameter) = 3 ounce equivalents
Popcorn	(WG*)	3 cups, popped	1 microwave bag, popped = 4 ounce equivalents

		Amount that counts as 1 ounce equivalent of grains	Common portions and ounce equivalents
Ready-to-eat breakfast cereal	WG*: toasted oat, whole wheat flakes RG*: corn flakes, puffed rice	1 cup flakes or rounds 1 1/4 cup puffed	
Rice	WG*: brown, wild RG*: enriched, white, polished	1/2 cup cooked 1 ounce dry	1 cup cooked = 2 ounce equivalents
Pasta – spaghetti, macaroni, noodles	WG*: whole wheat RG*: enriched, durum	1/2 cup cooked 1 ounce dry	1 cup cooked = 2 ounce equivalents
Tortillas	WG*: whole wheat, whole grain corn RG*: flour, corn	1 small flour tortilla (6" diameter) 1 corn tortilla (6" diameter)	1 large tortilla (12" diameter) = 4 ounce equivalents
*WG = whole grains, RG = refined grains. This is shown when products are available both in whole grain and refined grain forms.			

What counts as a cup of vegetables?

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. The chart lists specific amounts that count as 1 cup of vegetables (in some cases equivalents for 1/2 cup are also shown) towards your recommended intake:

	Amount that counts as 1 cup vegetables	Amount that counts as 1/2 cup of vegetables
Dark-Green Vegetables		
Broccoli	1 cup chopped or florets 3 spears 5" long raw or cooked	
Greens (collards, mustard greens, turnip greens, kale)	1 cup cooked	
Spinach	1 cup, cooked 2 cups raw is equivalent to 1 cup of vegetables	1 cup raw is equivalent to 1/2 cup of vegetables
Raw leafy greens: spinach, romaine, watercress, dark green leafy lettuce, endive, escarole	2 cups raw is equivalent to 1 cup of vegetables	1 cup raw is equivalent to 1/2 cup of vegetables
Orange Vegetables		
Carrots	1 cup strips, slices, or chopped, raw or cooked 2 medium 1 cup baby carrots (about 12)	1 medium carrot About 6 baby carrots
Pumpkin	1 cup mashed, cooked	
Sweet potato	1 large baked (2 1/4" or more diameter) 1 cup sliced or mashed, cooked	
Winter squash (acorn, butternut, hubbard)	1 cup cubed, cooked	1/2 acorn squash, baked = 3/4 cup

	Amount that counts as 1 cup vegetables	Amount that counts as 1/2 cup of vegetables
Dry Beans and Peas		
Dry beans and peas (such as black, garbanzo, kidney, pinto, or soy beans, or blackeyed peas or split peas)	1 cup whole or mashed, cooked	
Tofu	1 cup 1/2" cubes (about 8 ounces)	1 piece 2 1/2 " x 2 3/4 " x 1" (about 4 ounces)
Starchy Vegetables		
Corn, yellow or white	1 cup 1 large ear (8" to 9" long)	1 small ear (about 6" long)
Green peas	1 cup	
White potatoes	1 cup diced, mashed 1 medium boiled or baked potato (2 1/2" to 3" diameter) French fried: 20 medium to long strips (2 1/2" to 4" long) (contains discretionary calories)	
Other Vegetables		
Bean sprouts	1 cup cooked	
Cabbage, green	1 cup chopped or shredded, raw or cooked	
Cauliflower	1 cup pieces or florets, raw or cooked	
Celery	1 cup diced or sliced, raw or cooked 2 large stalks (11" to 12" long)	1 large stalk (11" to 12" long)
Cucumbers	1 cup raw, sliced or chopped	
Green or wax beans	1 cup cooked	
Green or red peppers	1 cup chopped, raw or cooked 1 large pepper (3" diameter, 3 3/4" long)	1 small pepper
Lettuce, iceberg or head	2 cups raw, shredded or chopped = equivalent to 1 cup of vegetables	1 cup raw, shredded or chopped = equivalent to 1/2 cup of vegetables
Mushrooms	1 cup raw or cooked	
Onions	1 cup chopped, raw or cooked	
Tomatoes	1 large raw whole (3") 1 cup chopped or sliced, raw, canned, or cooked	1 small raw whole (2 1/4") 1 medium canned
Tomato or mixed vegetable juice	1 cup	1/2 cup
Summer squash or zucchini	1 cup cooked, sliced or diced	

What counts as a cup of fruit?

In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group. The following specific amounts count as 1 cup of fruit (in some cases equivalents for 1/2 cup are also shown) towards your daily recommended intake:

	Amount that counts as 1 cup of fruit	Amount that counts as 1/2 cup of fruit
Apple	1/2 large (3.25" diameter) 1 small (2.5" diameter) 1 cup sliced or chopped, raw or cooked	1/2 cup sliced or chopped, raw or cooked
Applesauce	1 cup	1 snack container (4 oz)
Banana	1 cup sliced 1 large (8" to 9" long)	1 small (less than 6" long)
Cantaloupe	1 cup diced or melon balls	1 medium wedge (1/8 of a medium melon)
Grapes	1 cup whole or cut-up 32 seedless grapes	16 seedless grapes
Grapefruit	1 medium (4" diameter) 1 cup sections	1/2 medium (4" diameter)
Mixed fruit (fruit cocktail)	1 cup diced or sliced, raw or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Orange	1 large (3 1/16" diameter) 1 cup sections	1 small (2 3/8" diameter)
Orange, mandarin	1 cup canned, drained	
Peach	1 large (2 3/4" diameter) 1 cup sliced or diced, raw, cooked, or canned, drained 2 halves, canned	1 small (2 3/8" diameter) 1 snack container (4 oz) drained = 3/8 cup
Pear	1 medium pear (2.5 per lb) 1 cup sliced or diced, raw, cooked, or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Pineapple	1 cup chunks, sliced or crushed, raw, cooked or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Plum	1 cup sliced raw or cooked 3 medium or 2 large plums	1 large plum
Strawberries	About 8 large berries 1 cup whole, halved, or sliced, fresh or frozen	1/2 cup whole, halved, or sliced
Watermelon	1 small wedge (1" thick) 1 cup diced or balls	6 melon balls
Dried fruit (raisins, prunes, apricots, etc.)	1/2 cup dried fruit is equivalent to 1 cup fruit, 1/2 cup raisins, 1/2 cup prunes, 1/2 cup dried apricots	1/4 cup dried fruit is equivalent to 1/2 cup fruit 1 small box raisins (1.5 oz)
100% fruit juice (orange, apple, grape, grapefruit, etc.)	1 cup	1/2 cup

What counts as 1 cup in the milk group?

The chart lists specific amounts that count as 1 cup in the milk group towards your daily recommended intake:

	Amount that counts as 1 cup in the milk group	Common portions and cup equivalents
Milk [choose fat-free or low-fat milk most often]	1 cup 1 half-pint container 1/2 cup evaporated milk	
Yogurt [choose fat-free or low-fat yogurt most often]	1 regular container (8 fluid ounces) 1 cup	1 small container (6 ounces) = 3/4 cup 1 snack size container (4 ounces) = 1/2 cup
Cheese [choose low-fat cheeses most often]	1 1/2 ounces hard cheese (cheddar, mozzarella, Swiss, parmesan) 1/3 cup shredded cheese 2 ounces processed cheese (American) 1/2 cup ricotta cheese 2 cups cottage cheese	1 slice of hard cheese is equivalent to 1/2 cup milk 1 slice of processed cheese is equivalent to 1/3 cup milk 1/2 cup cottage cheese is equivalent to 1/4 cup milk
Milk-based desserts [choose fat-free or low-fat types most often]	1 cup pudding made with milk 1 cup frozen yogurt 1 1/2 cups ice cream	1 scoop ice cream is equivalent to 1/3 cup milk

What counts as an ounce equivalent in the meat and beans group?

In general, 1 ounce of meat, poultry or fish, 1/4 cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter or 1/2 ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group. The chart lists specific amounts that count as 1 ounce equivalent in the meat and beans group towards your daily recommended intake:

	Amount that counts as 1 ounce equivalent in the meat and beans group	Common portions and ounce equivalents
Meats	1 ounce cooked lean beef 1 ounce cooked lean pork or ham	1 small steak (eye of round, filet) = 3 1/2 to 4 ounce equivalents 1 small lean hamburger = 2 to 3 ounce equivalents
Poultry	1 ounce cooked chicken or turkey, without skin 1 sandwich slice of turkey (4 1/2" x 2 1/2" x 1/8")	1 small chicken breast half = 3 ounce equivalents 1/2 Cornish game hen = 4 ounce equivalents
Fish	1 ounce cooked fish or shell fish	1 can of tuna, drained = 3 to 4 ounce equivalents 1 salmon steak = 4 to 6 ounce equivalents 1 small trout = 3 ounce equivalents
Eggs	1 egg	

	Amount that counts as 1 ounce equivalent in the meat and beans group	Common portions and ounce equivalents
Nuts and seeds	1/2 ounce of nuts (12 almonds, 24 pistachios, 7 walnut halves) 1/2 ounce of seeds (pumpkin, sunflower or squash seeds, hulled, roasted) 1 Tablespoon of peanut butter or almond butter	1 ounce of nuts or seeds = 2 ounce equivalents
Dry beans and peas	1/4 cup of cooked dry beans (such as black, kidney, pinto, or white beans) 1/4 cup of cooked dry peas (such as chickpeas, cowpeas, lentils, or split peas) 1/4 cup of baked beans, refried beans	1 cup split pea soup = 2 ounce equivalents 1 cup lentil soup = 2 ounce equivalents 1 cup bean soup = 2 ounce equivalents
	1/4 cup (about 2 ounces) of tofu 1 ounce tempeh, cooked 1/4 cup roasted soybeans 1 falafel patty (2 1/4", 4 ounces) 2 Tablespoons hummus	1 soy or bean burger patty = 2 ounce equivalents

How much is my allowance for oils?

Most Americans consume enough oil in the foods they eat, such as:

- nuts
- fish
- cooking oil
- salad dressings

A person's allowance for oils depends on age, sex and level of physical activity. Daily allowances are shown in the chart.

Daily allowance*		
Children	2-3 years old	3 teaspoons
	4-8 years old	4 teaspoons
Girls	9-13 years old	5 teaspoons
	14-18 years old	5 teaspoons
Boys	9-13 years old	5 teaspoons
	14-18 years old	6 teaspoons
Women	19-30 years old	6 teaspoons
	31-50 years old	5 teaspoons
	51+ years old	5 teaspoons
Men	19-30 years old	7 teaspoons
	31-50 years old	6 teaspoons
	51+ years old	6 teaspoons

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.