



How Much Do YOU Eat?

Use these everyday items to estimate the amount you eat.



			Amounts of foods For 2,000 calories
<p>½ cup of fruit juice = size of a 4-oz. juice box</p>	<p>1 small apple = 1 cup = size of a baseball</p>	<p>½ cup of sliced fruit = size of a small computer mouse</p>	<p>2 cups Fruit Group</p>
<p>½ cup of carrots or other vegetables = size of a small computer mouse</p>	<p>10 medium fries counts as ½ cup = size of a deck of cards</p>	<p>1 cup of raw vegetables = size of a baseball</p>	
<p>1 cup of milk = size of a 1-cup carton of milk</p>	<p>1 cup of yogurt = size of a baseball</p>	<p>1½ oz. of low-fat natural cheese* = size of two 9-volt batteries</p> <p><small>*Cheese is one cup</small></p>	<p>3 cups or equivalent Milk Group</p>
<p>2-3 oz. of meat, poultry, or fish = size of a deck of cards</p>	<p>1 tablespoon of peanut butter counts as 1 oz. = size of one 9-volt battery</p>	<p>½ cup of beans counts as 2 oz. = size of a small computer mouse</p>	
<p>½ cup of cooked pasta = 1 oz. = size of a small computer mouse</p>	<p>1 cup of dry cereal = 1 oz. = size of a baseball</p>	<p>1 slice of bread counts as 1 oz. = size of a CD*</p> <p><small>*Bread is dry weight (100% to 105%)</small></p>	<p>6 ounces or equivalent Grains Group</p>

United States Department of Agriculture Food and Nutrition Service. USDA is an equal opportunity provider and employer. For more information, check out www.nutrition.usda.gov January 2007

United States Department of Agriculture, University of Arkansas and County Governments Cooperating.

The Arkansas Cooperative Extension Service offers its Programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.