

# Food Lists with Examples: What Counts as 1 Serving? (For Use with Meal Plans)



## List 1: 1 Grain/Starch =

- 1 slice whole wheat bread
- 1 small dinner roll, 1 med. Pancake
- ½ of a 6 in. pita, ½ English muffin
- ½ hamburger or hot-dog bun
- 1 cup unsweetened whole grain cereal
- ½ cup cooked oatmeal (1/4 c. dry)
- ½ cup cooked pasta
- 1, 6"-8" whole wheat tortilla
- 1 mini whole-wheat bagel (½ small-medium whole wheat bagel)
- ½ cup cooked rice (brown, white)
- ½ cup cooked quinoa, bulgur
- 6 whole wheat crackers
- 2 graham cracker sheets
- 1 oz. (1 handful) pretzels
- 3 cups air-popped popcorn

## List 4: 1 Protein or 1 oz. =

- 1 oz. cooked meat (boneless, skinless poultry, 93% lean beef, fish)
- ¼ cup cooked beans
- 2 tbsp. hummus
- 1 egg; ¼ cup egg substitute
- 1 tbsp. peanut or other nut butter\*
- 12 almonds\*, 24 pistachios\*, or 7 walnut\* halves
- ½ oz. seeds\* (pumpkin, sunflower)
- 1 thin-medium thick sandwich slice of turkey, roast-beef

\*Higher calorie protein source – recommend good portion control

## List 2: 1 Fruit =

- 1 small – medium banana (½ large)
- 1 cup fresh cantaloupe (1/8 melon), watermelon, or pineapple
- 1 medium plum, peach, pear
- 4 large strawberries
- ½ c. fresh blueberries
- 1 small-medium apple (baseball)
- ½ medium-sized grapefruit
- 1 small orange (baseball size)
- ½ cup canned fruit or applesauce
- 1 kiwi
- 1 handful of grapes (About 16)
- ¼ raisins or other dried fruit
- 4 oz. or ½ cup 100% juice

## List 5: 1 Dairy =

- 8 oz. skim, 1% milk, soy-milk
- 8 oz. (1 cup) plain, non-fat Greek yogurt (regular-sized container) or 8 oz Kefir Yogurt Drink
- 6 oz. flavored Greek yogurt (small container)
- 1 oz. hard, (block) cheese\*\*
- 1 string cheese
- 1 slice processed cheese
- 1/4 cup shredded cheese\* (\*\*)
- 1/2 cup low-fat cottage cheese\*
- ½ cup low-fat pudding\*

\*Not a significant source of calcium in the portion size listed. (Portion size is based on calorie content for these items.)  
\*\* Higher in fat – recommend good portion control

Key: oz. = ounce    tbsp. = tablespoon    tsp. = teaspoon

## List 3: 1 Vegetable =

- 2 cups leafy salad greens
- 1/2 cup cooked vegetables (broccoli, green beans, cauliflower, carrots, asparagus, etc.)
- ½ cup starchy vegetable s\* (corn, peas, lima beans)
- 1 cup raw vegetables
- 12 baby carrots
- 1, small tomato
- 1 cup tomato juice
- 1 sm./med. plain baked potato\*
- 1 medium, plain sweet potato\*
- 2 large stalks of celery
- 9 whole, cherry tomatoes

\* Higher calorie (starchy) vegetables

## List 6: 1 Fat =

- 1 teaspoon margarine, butter
- 1 tbsp. light margarine, butter
- 2 tablespoon low-fat dressing
- 1 tbsp. regular salad dressing, or mayonnaise
- 2 tablespoons light mayonnaise
- 1 tsp. oil
- 1/8 avocado

## List 7: Free Foods

- Salsa (2 tbsp.), Soy Sauce (1 tbsp.)
- Hot Sauce, Black Pepper
- Red Thai Curry Paste, Wasabi, etc.
- Fresh or dried herbs
- Butter Spray, Cooking Spray
- Mustard, Ketchup (1 tbsp.)
- Vinegar, Lemon Juice, Lime Juice
- Water, Diet Beverages, Sugar Substitutes