

MyPyramid Serving Equivalents Guide

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.