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Food Group or Item	Servings Per Day	Serving Size	This Looks Like...
GRAINS	4-11		
rice, pasta, cereal, oatmeal, quinoa, bulgur, barley, wheat		½ cup of cooked pasta, rice or cereal	 Half of a baseball
TIP: <i>Choose mostly whole grains</i>		1 cup of dry cereal	 A baseball
		1 slice of bread (1 oz), 1 pancake or waffle 1 6 inch tortilla	 A CD case
PROTEIN	2-4		
poultry, fish, beans, eggs, beef, nuts, soy products		3 oz of meat or poultry	 A deck of cards
		4 ounces of fish	 A checkbook
TIP: <i>Choose mostly lean sources from skinless poultry, fish, beans, soy</i>		½ cup of beans* or tofu	 Half of a baseball
		1/3 cup of nuts or seeds*	 Small handful
		1 medium egg*	 A medium egg

Foods marked with an asterisk are 1/3 of a serving of protein		2 tbsp peanut butter		A golf ball
VEGETABLES	3-5+			
leafy greens, carrots, broccoli, squash, green beans		1 cup of raw leafy greens		Your fist
<i>TIP: Choose a wide variety of fresh and frozen</i>		½ cup, raw or cooked		Half of your fist
		½ cup of vegetable juice		¾ of a Styrofoam cup
FRUIT	2-4			
berries, orange, apple, mango, grapes		1 medium piece		Your fist
<i>TIP: Choose a wide variety of fresh or frozen</i>		½ cup, fresh, frozen or canned		Half of your fist
		½ cup fruit juice		¾ of a Styrofoam cup
		¼ cup dried fruit, unsweetened		A medium egg
DAIRY	1-3			
yogurt milk cheese		1 cup of milk or yogurt (8 oz)		¾ of a soda can

TIP: Choose low/nonfat items		1 ½ oz of cheese		A 9-volt battery
OILS/FATS	2-4**			
Oil Margarine Butter Salad dressing		1 tsp oil, butter margarine or mayo		1 die
**TIP: Choose mostly plant oils – canola, olive, safflower and trans fat free items		1 tbsp reduced fat mayo, cream cheese, salad dressing		Half of your thumb
ALCOHOL	Males 0-2 Females 0-1			
Wine Beer Cocktails		1 glass of wine (5oz)		Less than ½ of a medium glass
TIP: Do not drink alcohol if pregnant or nursing or under legal age		1 beer (12 oz)		1 12- ounce can
		1 ½ oz of hard liquor		1 shot glass

You are What you Eat - AND How Much

The number of servings you should eat each day from each food group is based on your body's calorie needs, your preferences, activity level and goal. To determine your needs, take the Free Fitness Profile at <http://www.dotfit.com/>. Since weight gain results from eating more calories than you take in, keep in mind that *how much* you eat is just as important as *what* you eat.

Current Recommendations

Experts recommend the ranges below for your daily intake of protein, carbs and fat. These ranges are associated with a lower risk of chronic disease, such as heart disease. You can track your percentages in your online dotFIT program by logging your food. Your totals are located at the bottom of the My

Nutrition page. Recommendations for other key nutrients are also included here. You can view your daily total for these nutrients by clicking on the Detailed View button on your food log page.

Carbohydrates	45-65%	Cholesterol	<300 mg
Protein	10-35%	Fiber	Males 38g >50yrs - 30g Females 25 g, >50 yrs - 21 g
Fat	20-35%	Calcium	9-18 yrs 1,300 mg 19-50 yrs 1,000 mg >50 yrs 1,200 mg
Saturated Fat	<10%	Sodium	<2,300 mg >50 yrs - <1,500 mg*

*Includes African Americans and those with high blood pressure, diabetes or chronic kidney disease