

Winnebago County Falls Prevention: Nutrition and Serving Size Cheat Sheet

Have Trouble figuring out how much bread is a serving, or what an ounce is? Follow these guidelines to ensure appropriate consumption.

Food Group	Daily Serving Size	Practical Analogy
Grains – Make ½ your grains whole	<ul style="list-style-type: none"> • Eat 6 ounces every day. • One ounce (oz.) = <ul style="list-style-type: none"> ○ 1 slice of bread or ½ a medium sized bagel ○ 1 cup of breakfast cereal ○ ½ cup cooked rice or pasta 	<ul style="list-style-type: none"> • A hockey puck (for bread and bagels) • A filled cupcake wrapper for rice or pasta • An ice cream scoop
Vegetables – Vary your veggies	<ul style="list-style-type: none"> • Eat 2½ cups every day. <ul style="list-style-type: none"> ○ This is about 20 oz. 	<ul style="list-style-type: none"> • One serving is a about the size of a tennis ball • ½ cup is about the size of a light bulb
Fruits – Focus on fruits	<ul style="list-style-type: none"> • Eat 2 cups every day. <ul style="list-style-type: none"> ○ This is about 16 oz. 	<ul style="list-style-type: none"> • One serving is a piece of fruit about the size of a tennis ball • ½ cup is about the size of a light bulb
Milk – Get your calcium-rich foods	<ul style="list-style-type: none"> • Get 3 cups everyday. <ul style="list-style-type: none"> ○ This is about 24 oz. 	<ul style="list-style-type: none"> • An ounce and a half of cheese is about 3 dominoes • One normal glass of milk is between 8 and 12 oz.
Meat & Beans – Go lean with protein	<ul style="list-style-type: none"> • Eat 5½ oz. every day. 	<ul style="list-style-type: none"> • 3 oz. of meat is about the size of a deck of cards or a checkbook

The information above is for a 2,000 calorie diet. To find the amount appropriate for you, go to www.MyPyramid.gov.

Did You Know?

- Vitamin D plays an important role in muscle and bone strength.
- Many people do not get adequate levels of Vitamin D.
- Studies have shown that significant health benefits can be achieved by consuming 1,000 IU/day of Vitamin D. Vieth, R., et al. The urgent need to recommend an intake of vitamin D that is effective. *Am J Clin Nutr* 2007; 85: 649-50.
- Your Doctor can measure your Vitamin D levels with your regular blood work.
- Talk with your doctor to learn more about the benefits of Vitamin D.

