### MyPlate

**Dairy**

<table>
<thead>
<tr>
<th>Age range</th>
<th>Recommended daily servings</th>
<th>What is a serving size?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth, ages 2-3</td>
<td>2 cups</td>
<td>1 cup=1 cup of milk; 8 oz yogurt; 1.5 oz hard cheese</td>
</tr>
<tr>
<td>Youth, ages 4-18</td>
<td>2.5 cups</td>
<td></td>
</tr>
<tr>
<td>Adults, ages 19-51+</td>
<td>3 cups</td>
<td></td>
</tr>
</tbody>
</table>

**Fruits**

<table>
<thead>
<tr>
<th>Age range</th>
<th>Recommended daily servings</th>
<th>What is a serving size?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth, ages 2-18</td>
<td>1 cup-2 cups</td>
<td>1 cup=1 small apple; 1 large banana; 1 large orange</td>
</tr>
<tr>
<td>Adults, ages 19-51+</td>
<td>1.5 cups-2 cups</td>
<td></td>
</tr>
</tbody>
</table>

**Vegetables**

<table>
<thead>
<tr>
<th>Age range</th>
<th>Recommended daily servings</th>
<th>What is a serving size?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth, ages 2-18</td>
<td>1 cup-3 cups</td>
<td>1 cup=2 cups raw spinach; 1 large baked sweet potato; 1 cup cooked dry beans and peas</td>
</tr>
<tr>
<td>Adults, ages 19-51+</td>
<td>2 cups-3 cups</td>
<td></td>
</tr>
</tbody>
</table>

**Grains**

<table>
<thead>
<tr>
<th>Age range</th>
<th>Recommended daily servings</th>
<th>What is a serving size?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth, ages 2-3</td>
<td>2 cups</td>
<td>1 ounce equivalent= 1 slice of bread; 1 cup of ready-to-eat cereal; ½ cup cooked rice or pasta; ½ cup cooked cereal</td>
</tr>
<tr>
<td>Adults, ages 19-51+</td>
<td>3 cups</td>
<td></td>
</tr>
</tbody>
</table>

**Protein**

<table>
<thead>
<tr>
<th>Age range</th>
<th>Recommended daily servings</th>
<th>What is a serving size?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth, ages 2-18</td>
<td>2 ounce equivalents-6.5 ounce equivalents</td>
<td>1 ounce equivalent=1 ounce of cooked meat, poultry, or fish; ½ cup cooked beans; 1 egg; 1 tbsp peanut butter; ½ ounce of nuts or seeds</td>
</tr>
<tr>
<td>Adults, ages 19-51+</td>
<td>5 ounce equivalents-6.5 ounce equivalents</td>
<td></td>
</tr>
</tbody>
</table>

_Brought to you by your primary care provider._
Size Up Your Serving!

Choose Lowfat Or Fat-Free Dairy

1 cup

Amount/portion that counts as 1 cup
- Milk 8 oz
- Yogurt 8 oz
- Cheese 1½ oz
- Shredded cheese 1/3 cup

Focus On Fruits

½ cup

Amount/portion that counts as ½ cup
- 100% fruit juice ½ cup
- Apple 1 small
- Dried fruit ¼ cup
- Strawberries ½ cup

Vary Your Veggies

1 cup

Amount/portion that counts as 1 cup
- Raw leafy greens 2 cup
- Carrots 1 cup
- Baked potato 1 medium
- Broccoli (cooked) 3 spears

Make Half Your Grains Whole

1 oz

Amount/portion that counts as 1 oz equivalent
- Bread 1 slice
- Whole grain pasta ½ cup
- Cereal 1 cup
- Whole wheat crackers 5 crackers

Vary Your Protein Routine

1 oz

Amount/portion that counts as 1 oz equivalent
- Poultry, fish or lean meat (cooked) 1 oz
- Beans or peas (cooked) ¼ cup
- Nuts or seeds ½ oz
- 1 egg

Palm
- 3 oz

Fist
- 1 cup

Cupped hand
- ½ cup

Thumb
- 1 Tbsp