

**Food Group Serving Size and Substitution List**

**Grains**: whole

Breads: 1 (6”) tortilla or 1 small sandwich bun or ½ large sandwich bun or 1 slice bread or 4-6 crackers

1 (2.5”) biscuit or 1 (2”x 2”) cornbread or 1 small (2 oz.) muffin

Breakfast: 1 (7”) waffle or 1 slice French toast or ½ English muffin or 2 (4”) pancakes or ½ bagel

Cereal: ½ C cooked or 1 C (1 oz.) ready to eat cereal

Grains: ½ C pasta, noodles, rice, grains (barley, bulgur wheat, couscous, quinoa)

**Vegetables\***: frozen, fresh or low sodium canned

Cooked: ½ C

Raw: ½ C

Leafy: 1 C

Juice: ¾ C 100% tomato or vegetable juice.

\*Includes starchy vegetables such as potatoes, sweet potatoes, corn, yams or plantains.

Artichokes, beet, beans ( green, wax), broccoli, brussel sprouts, broccoli, cabbage, carrots, cauliflower, coleslaw, collard, kale, kohlrabi, mustard, okra, peppers (red, green, yellow), potato(sweet, red), spinach, squash ( butternut, yellow, zucchini), turnip, yams

**Fruits**: fresh, frozen, canned in light syrup, water or juice

Fresh: ½ C or 1 medium apple, banana, orange, or pear

Canned: ½ C

Chopped: ½ C

Juice: 3/4 C 100% fruit juice- grapefruit, orange prune juice

Dried: ¼ C prunes

Cantaloupe, grapefruit, kiwi, mango, orange, papaya, pineapple, strawberries

**Milk/milk alternative**

Milk: 1 C milk (1%, 2%, almond, butter, chocolate, skim, soy, whole)

1 c. yogurt or 1 ½ c. cottage cheese or 8 oz. tofu or1 ½ oz. natural or 2 oz. processed cheese

Bleu, cheddar, feta, mozzarella, muenster, processed, Provolone , ricotta, Romano, Swiss

**Meat/ meat alternative:**

Meat/Fish: 2-3 oz. beef, chicken, fish(cod, haddock ,halibut, tuna, pork, turkey

Beans: ½ c. cooked dried beans (black, lima, navy, pinto, soybeans, white), peas (chick, split, lentils)

Nuts: 1/3 c. nuts (almonds, Brazil, cashew, peanut) or 2 TB nut (almond, peanut) butter

Cheese: ¼ c. cottage

Other: 1 egg or ½ c. tofu

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