

Daily Serving Recommendations

Now that you have your focus, take a moment and see how many servings of each food category is recommended for your specific goal.

Goal	Non-Starchy Vegetables	Lean Protein	Whole Grains	Fruit	Healthy Fats
Health and Fitness	6–7 servings	8–9 servings	5–6 servings	4 servings	Up to 6 servings
Some Weight Loss	5–6 servings	6–7 servings	4–5 servings	3 servings	Up to 5 servings
Significant Weight Loss	4–6 servings	4–5 servings	3–4 servings	2–3 servings	Up to 3 servings

One Serving Equivalents

<ul style="list-style-type: none"> • 1 cup raw • ½ cup cooked • 1 small vegetable (tomato, carrot) 	<ul style="list-style-type: none"> • 1 ounce meat, protein powder or feta cheese • ½ cup beans • 1 egg • 2 handfuls nuts or ½ cup chopped • 2 tablespoons pumpkin seeds or almond butter • 1 stick string cheese • 2 ounces Greek yogurt • ¼ cup cottage cheese • 1 cup cooked quinoa • 1 veggie patty • 4 ounces nonfat milk 	<ul style="list-style-type: none"> • 1 ounce dry cereal or pasta • ½ cup cooked oats, rice or quinoa • 1 slice bread, pita or tortilla • 5 crackers • 3 cups popcorn (popped) 	<ul style="list-style-type: none"> • 1 small fruit • ½ cup • 4 ounces 100% fruit juice 	<ul style="list-style-type: none"> • 1 teaspoon oil • 2 tablespoons avocado • 2 tablespoons low-fat, low-sugar salad dressing
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