

Food Group Amounts for Pyramid Equivalents for NEERS5 Recall Data Entry

<p>Fruit (cup equivalent)</p> <ul style="list-style-type: none"> 1 piece whole fruit (apple, banana, pear) 1 cup canned or cut-up fruit 1 cup or 8 ounces 100% fruit juice ½ cup raisins and other dried fruit 	<p>Other examples:</p> <ul style="list-style-type: none"> ½ grapefruit ¼ small melon 2 apricots <p>Do not count: fruit roll ups, fruit leather, fruit drinks, fruit punch</p>
<p>Vegetables (cup equivalent)</p> <ul style="list-style-type: none"> 1 cup fresh, frozen or canned vegetables (peas, broccoli, green beans, potatoes) 2 cups raw leafy greens (raw spinach, lettuce) 1 cup or 8 ounces tomato or vegetable juice 	<p>Other examples:</p> <ul style="list-style-type: none"> 1 tomato or potato or ear of corn 20 French fries 2 carrots <p>Do not count: potato chips, corn chips</p>
<p>Grains (ounce equivalent)</p> <ul style="list-style-type: none"> 1 slice white or whole wheat bread 1 cup ready-to-eat cereal ½ cup cooked cereal, rice, or noodles ½ hamburger/hot dog bun ½ English muffin or small bagel 	<p>Other examples:</p> <ul style="list-style-type: none"> 5 - 7 crackers 3 cups popped popcorn 1 small biscuit, muffin, piece of cornbread 1 six-inch tortilla <p>Do not count: snack chips, cookies, cake, pie, pastries, donuts</p>
<p>Meat & Beans (ounce equivalent)</p> <ul style="list-style-type: none"> 1 ounce cooked meat, poultry, fish 1 egg ¼ cup cooked dry beans (pinto, black, navy, black-eyed peas) ½ ounce nuts or seeds (12 almonds or 7 walnut halves) 1 tablespoon peanut butter 4 - 5 large shrimp 	<p>Ounce equivalents of common servings:</p> <ul style="list-style-type: none"> 2 oz equivalent = ½ cup tofu <li style="padding-left: 20px;">1 cup pea, bean or lentil soup <li style="padding-left: 20px;">1 hot dog <li style="padding-left: 20px;">1 soy or bean burger 3 oz equivalent = 1 hamburger or small pork chop <li style="padding-left: 20px;">1 half small chicken breast <li style="padding-left: 20px;">1 chicken thigh and drumstick <li style="padding-left: 20px;">½ cup canned shrimp or tuna <p>Do not count: bacon, chicharones, chorizo</p>
<p>Milk (cup equivalent)</p> <ul style="list-style-type: none"> 1 cup milk 1 cup yogurt, pudding made with milk 1½ ounce cheddar, Swiss, Mozzarella cheese 2 ounces processed or American cheese 	<p>Other examples:</p> <ul style="list-style-type: none"> ⅓ cup shredded cheese ½ cup ricotta cheese 2 cups cottage cheese 1½ cups (3 scoops) ice cream <p>Do not count: cream, half & half, sour cream</p>