

# PORTION SIZE GUIDE

Wondering how much you should be eating? The amount you should eat varies greatly depending on your height, weight, physical activity level, and gender. Even though you might not know exactly how much to eat of certain foods, here are some good guidelines to get you on track!

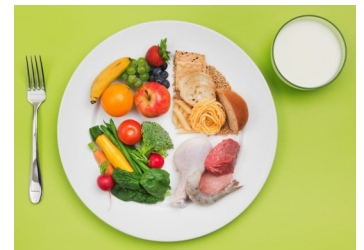
October 2020

**Vegetables** - Shoot for 5 servings a day of fresh, frozen, or canned vegetables. 1 cup raw leafy greens, ½ cup cut-up vegetables, ½ cup cooked beans or peas, or ¼ cup 100% vegetable juice would be considered one serving of vegetables .

**Fruits** - Fresh, frozen, canned or dried fruit should be eaten 4 times a day. Some examples of what one serving of fruit looks like include: 1 medium whole fruit, ½ cup cut-up fruit, ¼ cup 100% fruit juice, or ¼ cup dried fruit.

**Grains** - Try to eat 6 servings of grains a day, making at least half of them whole grain. A serving of grain would be considered 1 slice bread, 1 small tortilla, 1 cup ready-to-eat cereal flakes, 1 oz (⅛ cup) uncooked pasta or rice, ½ cup cooked rice, pasta, or cereal, or ½ cup popped popcorn.

**Dairy** - 3 servings of dairy should be eaten each day. A serving size equals 1 cup of milk, 1 cup of yogurt, or 1.5 oz cheese.



**Poultry, Meat and Eggs** - Shoot for 8-9 servings per week. 3 oz cooked meat or poultry, 1 egg, or 2 egg whites is a serving size of poultry, meat, and eggs.

**Fish and other seafood** - 3 oz cooked fish or seafood should be eaten 2-3 times per week.

**Nuts, seeds, beans and legumes** - Try to eat 5 servings a week with 1 Tbsp peanut butter, 2 Tbsp nuts or seeds, or ¼ cup cooked beans or peas being considered a serving.

**Fats and oils** - 3 servings of fats and oils should be eaten per day. Examples of a serving include: 1 Tbsp vegetable oil (canola, corn, olive, soybean, safflower), 1 Tbsp soft margarine, 1 Tbsp mayonnaise, or 1 Tbsp salad dressing.



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# RAINBOW RICE

This recipe makes 8 servings

Sourced from Wisconsin CSFP

## CSFP Ingredients

- 1 cup rice, uncooked
- 1 cup low sodium carrots, drained
- 1 can corn, drained
- 1 can low sodium peas, drained
- 2 cans diced tomatoes, undrained

## Additional Ingredients

- 1 large onion, diced
- 1 TBSP oil
- 2 cups chicken broth
- 1 TBSP basil
- 1 TBSP oregano

## Directions

1. In a large saucepan over medium heat, sauté onion and uncooked rice in oil for 5 minutes.
2. Add in chicken broth, bring to a boil, cover and reduce heat to low. Cook for 20 minutes.
3. Once rice is cooked, add in remaining ingredients, stir and heat for 5 minutes over medium heat.
4. Serve warm.

