## **Snack Menu**

Nuts	Portions (# servings)	Calories	Grains	Portion (#servings)	Calories
Almonds, whole	1 oz (24 nuts)	164	Crackers, Cheese	10 − 1" crackers	50
Brazil nuts, shelled	1 oz (6-8 nuts)	186	Crackers, Graham	2 squares	59
Cashews, salted	1 oz	163	Crackers, Saltine	4 crackers	52
Coconut, dried, sweet	: ½ cup	233	Crackers, Wheat, thin	4 crackers	38
Macadamia nuts, dry	1 oz (10-12 nuts)	203	Popcorn, air popped	1 cup	31
Peanuts, dry roasted	1 oz (~28 nuts)	166	Popcorn, oil popped	1 cup	55
Peanut butter, regular	1 tbsp	95	Popcorn, caramel	1 cup	152
Pecans, halves	1 oz (20 halves)	196	Pretzels, stick	10 pretzels	11
Pistachio nuts	1 oz (47 nuts)	161	Pretzels, twisted	10 pretzels	229
Walnuts, English	1 oz (14 halves)	185	Ready-to-eat Cereals	½-1 cup (1)	80-200

#### Fruit

Fresh Fruit or Dried Fruit

#### **Vegetables**

Fresh veggies with low-fat dip

# **Estimating Portion Sizes**

**GENERAL** 1 cup (8 oz) = fist of average adult, baseball **MEASURES**  $\frac{1}{2}$  cup (4 oz) = half a baseball

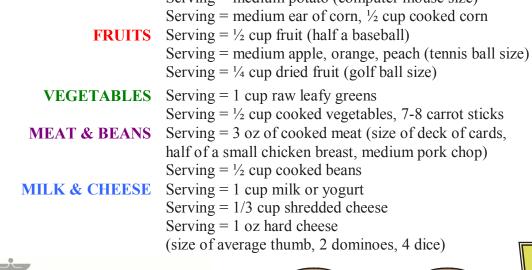
 $\frac{1}{4}$  cup = Golf ball

2 tbsp = Ping-Pong ball

**GRAINS & STARCH** Serving =  $\frac{1}{2}$  cup cooked cereal, pasta or rice

Serving = 1 oz bread (1 slice of bread) Serving = 1 oz (1 cup) dry cereal

Serving = medium potato (computer mouse size)











## FIBER

Males - 30 grams / day Females - 21 grams / day

Sources.	
<b>Whole Grains</b>	1 serving = 2-8 grams
Legumes	1 serving = 4-8 grams
Vegetables	1 serving = 1-4 grams
Whole fruits	1 serving = 1-4 grams



**Oils** 

**Choose** liquid plant oils:

Canola

Corn

Cottonseed

Olive

Peanut

Safflower

Soybean

Sunflower

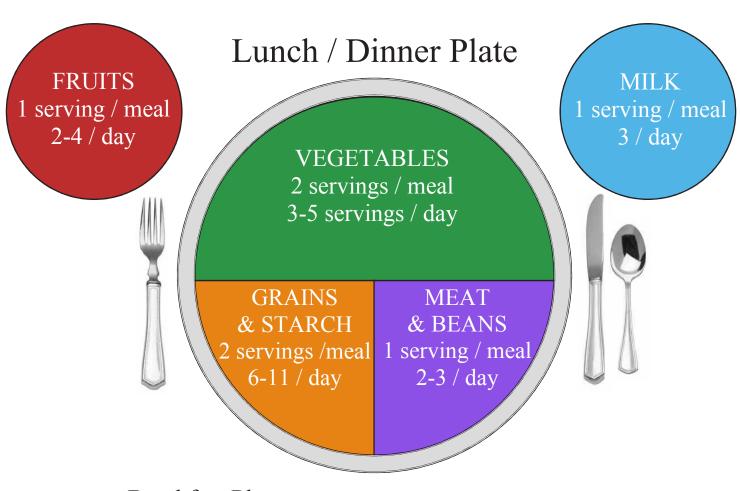
(Except Palm & Coconut)

Choose tub Margarine Use Butter sparingly

**Avoid** other solid fats: beef fat, chicken fat, lard, stick margarine, and shortening

Avoid Saturated and Trans Fats!

# **Daily Nutrition Menu** For Adults



### **Breakfast Plate**

