

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 MEASURES
 1 cup (8 oz) = fist of average adult, baseball
 ½ cup (4 oz) = half a baseball
 ¼ cup = Golf ball
 2 tbsp = Ping-Pong ball

GRAINS & STARCH
 Serving = ½ cup cooked cereal, pasta or rice
 Serving = 1 oz bread (1 slice of bread)
 Serving = 1 oz (1 cup) dry cereal

FRUITS
 Serving = medium potato (computer mouse size)
 Serving = medium ear of corn, ½ cup cooked corn
 Serving = ½ cup fruit (half a baseball)
 Serving = medium apple, orange, peach (tennis ball size)
 Serving = ¼ cup dried fruit (golf ball size)

VEGETABLES
 Serving = 1 cup raw leafy greens
 Serving = ½ cup cooked vegetables, 7-8 carrot sticks

MEAT & BEANS
 Serving = 3 oz of cooked meat (size of deck of cards, half of a small chicken breast, medium pork chop)
 Serving = ½ cup cooked beans

MILK & CHEESE
 Serving = 1 cup milk or yogurt
 Serving = 1/3 cup shredded cheese
 Serving = 1 oz hard cheese
 (size of average thumb, 2 dominoes, 4 dice)

Oils

Choose liquid plant oils:

- Canola
- Corn
- Cottonseed
- Olive
- Peanut
- Safflower
- Soybean
- Sunflower

(Except Palm & Coconut)

Spreads

Choose tub Margarine
Use Butter sparingly

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

Avoid Saturated and
Trans Fats!

FIBER

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

Sources:

Whole Grains	1 serving = 2-8 grams
Legumes	1 serving = 4-8 grams
Vegetables	1 serving = 1-4 grams
Whole fruits	1 serving = 1-4 grams

Daily Nutrition Menu For Adults

