

## SERVING SIZE GUIDE

### Meat, Poultry, Fish & Eggs

Steak	6-8 oz
Chops	4 oz
Stew Meat	4 oz
Hamburger	4 oz (1 patty)
Hot Dogs	4 oz (2 dogs)
Chicken	12 oz
Ham (pre-cooked)	3 oz
Bacon (3-4 slices)	2 oz
Beef, canned	3 oz
Chicken, canned	3 oz
Fish, canned	3 oz
Eggs (fresh)	2
Eggs (dried)	½ oz

### Vegetables and Fruit

Orange	1
Apple	1
Tomato	1
Juice, canned	4 oz
Carrots, raw	1
Vegetables, canned	4 oz
Vegetables, dehyd	½ oz
Potatoes, raw	2 medium
Potatoes, instant	2 oz
Corn, raw	2 ears
Onion, raw	1 medium
Soup, canned	5 oz
Soup, mixed	1 packet
Fruit, fresh	1-2 pieces
Fruit, canned	5-6 oz
Fruit, dried	2 oz

### Milk and Cheese

Milk, fresh	1 pt
Milk, powdered	2 oz
Cocoa, instant	1 packet
Cheese	2 oz

### Bread, Flour & Pasta

Bread	2-4 slices
Cookies	2 oz
Cakes	2 oz
Cereal, oatmeal	2 oz
Cereal, cold	2 oz
Pancake mix	3 oz
Brown Rice (uncooked)	½ cup
White Rice (uncooked)	½ cup
Instant Rice	½ cup
Spaghetti	3 oz
Macaroni	3 oz
Noodles	3 oz
Ramen Noodles	1 packet
Pudding Mix	1 ½ oz