

# Serving Sizes

A serving is an amount of food and tells us how much to eat.  
It is healthy to eat many different foods and to eat the right serving size!

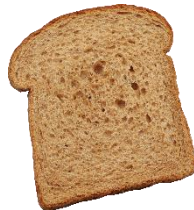
**Proteins** are foods like chicken, hamburgers, turkey, and eggs.



My serving of protein should be the size of my palm.



**Grains** are foods like cereal, bread, pasta, rice, and oatmeal.



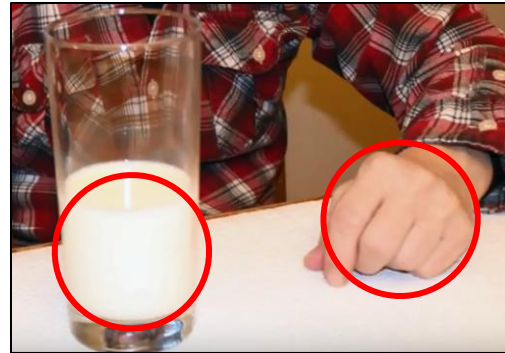
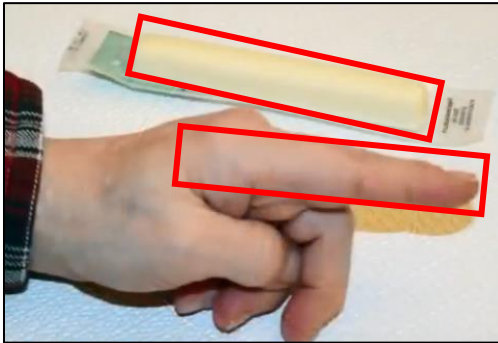
My serving of grains should be a handful.



**Dairy includes cheese, milk, and yogurt.**



**My serving of dairy should be the size of my finger or my fist.**



**Fruits are foods like apples and strawberries and vegetables are foods like carrots and broccoli.**



**My serving of fruits should be the size of my fist and my serving of vegetables should be the size of my fist.**

