








What is a Serving?

Meat	Starch	Vegetable	Fruit	Milk	Fat	Free Food
						 <p style="text-align: center; font-size: small;">Coffee, tea?</p>
<p>1 serving = 2-3 oz</p>	<p>1 serving =</p>	<p>1 serving= raw 1 c, cooked ½ c</p>	<p>1 serving =</p>	<p>1 serving =</p>	<p>1 serving =</p>	<p>1 serving =</p>
<p>1 oz contains: <u>0 carbohydrates</u> 35-100 calories 7 gram protein</p>	<p><u>15 gram carbs.</u> 80 calories 3 gram protein</p>	<p><u>5 gram carbs</u> 25 calories 2 gram protein</p>	<p><u>15 gram carbs</u> 60 calories 0 gram protein</p>	<p><u>12 gram carbs</u> 90-150 calories 8 gram protein</p>	<p><u>0 gram carbs</u> 45 calories 5 gram fat</p>	<p><u><5 gram carbs</u> <u><20 calories</u></p>
<p>Examples:</p>	<p>Examples:</p>	<p>Examples:</p>	<p>Examples:</p>	<p>Examples:</p>	<p>Examples:</p>	<p>Examples:</p>
<p>Beef Chicken Fish Pork Turkey Seafood Lamb Wild Game Veal</p>	<p>Potato (1/4 large) Bagel (1/4) ½ English muffin ½ bun 3c plain Popcorn ½ pita 4" pancake 6" corn tortilla 6" flour tortilla Bread (1 slice) Rice (1/3 c) ½ c Corn or peas ½ c Yam</p>	<p>Green beans Beets Broccoli Carrots Cauliflower Celery Cucumber Greens Mixed Veggies Mushrooms Peppers Radish Salad Greens Squash Tomato ½ c Veggie juice Zucchini</p>	<p>Apple, small Banana, small ½ c canned fruit ½ Grapefruit 17 Grapes 1c Melon Orange, small Raisins 2 tbsp Strawberry 1 ¼ c</p> <p>Fruit Juices: ½ c apple, orange ½ c pineapple ½ c cranberry 1/3 c Grape/Prune</p>	<p>Milk, 1 cup Soy milk, 1 cup 6 oz yogurt/ SF Evap. Milk ½ c</p> <p>Fat Free & Low: 100 calories 0-3 gram fat</p> <p>Reduced: 120 calories 5 gram fat</p> <p>Whole: 150 calories 8 gram fat</p>	<p>Olive oil, 1 tsp Almonds, 6 nuts Peanuts, 10 nuts Pecans, 4 halves Margarine, 1 tsp Mayonnaise 1 tsp Low fat 1 tbsp Dressing, 1 tbsp Low fat 2 tbsp Cream cheese Low fat 1.5tbsp Sour cream Low fat 3 tbsp</p>	<p>Coffee Diet soda Sugar free drinks Garlic SF Gelatin SF Gum SF syrup, 2 tbsp Herbs Hot sauce Mustard Sugar Substitutes Tea</p>