



M4R²

MOUNTAINEERS FOR
RECOVERY AND RESILIENCE



LIFESTYLE INTERVENTION
OLFERT RESEARCH LAB

GUIDE TO SERVING SIZES

VEGETABLES

Raw Veggies such as leafy greens:

1 serving = 2 cups = 2 fists

Cooked Veggies: 1 serving = 1 cup = 1 fist

DAIRY

Cheese

1 serving = 1.5 oz = pointer finger

Milk and Yogurt

1 serving = 1 cup = 1 fist

GRAINS, BREADS, AND CEREALS

Dry Cereal

1 serving = 1 cup = 1 fist

Noodles, Rice,

Oatmeal

1 serving = 1/2 cup = 1 handful

Bread

1 serving = 1 oz = 1 flat hand

FRUITS

Apple or Pear

1 serving = 1 medium fruit = 1 handful

Berries or Banana

1 Serving = 1 cup = 1 fist

PROTEIN

Chicken or Beef

1 serving = 3oz = 1 flat palm

Eggs

1 serving = 2 large = 1 flat palm

Beans or Legumes

1 serving = 1 cup cooked = 1 fist

SERVINGS EACH DAY

5-6 Vegetables

3-4 Milk & Milk Products

4-6 Grains

2-3 Fruits

2-3 Proteins

LIMIT Saturated fats, Trans fats, & Sweets