

# Tips & Resources

Food and sample portion	Amount from food group in this portion					Estimated total calories
	Grains group (oz. eq.)	Vegetable group (cups)	Fruit group (cups)	Milk group (cups)	Meat & beans group (oz. eq.)	
Cheese pizza-thin crust (1 slice from medium pizza)	1	1/8	0	1/2	0	215
Lasagna (1 piece 3 1/2" by 4")	2	1/2	0	1	1	445
Macaroni and cheese (1 cup, made from packaged mix)	2	0	0	1/2	0	260
Tuna noodle casserole (1 cup)	1 1/2	0	0	1/2	2	260
Chicken pot pie (8 oz. pie)	2 1/2	1/4	0	0	1 1/2	500
Beef taco (2 tacos)	2 1/2	1/4	0	1/4	2	370
Bean and cheese burrito (1)	2 1/2	1/8	0	1	2	445
Egg roll (1)	1/2	1/8	0	0	1/2	150
Chicken fried rice (1 cup)	1 1/2	1/4	0	0	1	270
Stuffed peppers with rice and meat (1/2 pepper)	1/2	1/2	0	0	1	190
Beef stir-fry (1 cup)	0	1/2	0	0	1 1/2	185
Clam chowder-New England (1 cup)	1/2	1/8	0	1/2	2	165
Clam chowder-Manhattan (chunky--1 cup)	0	3/8	0	0	2	135
Cream of tomato soup (1 cup)	1/2	1/2	0	1/2	0	160
Large cheeseburger	2	0	0	1/3	3	500
Turkey sub (6" sub)	2	1/2	0	1/4	2	320
Peanut butter & jelly sandwich (1)	2	0	0	0	2	375
Tuna salad sandwich (1)	2	1/4	0	0	2	290
Chef salad (3 cups--no dressing)	0	1 1/2	0	0	3	230
Pasta salad with vegetables (1 cup)	1 1/2	1/2	0	0	0	140
Apple pie (1 slice)	2	0	1/4	0	0	280
Pumpkin pie (1 slice)	1 1/2	1/8	0	1/4	1/4	240

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