

USDA Guidelines for Portions Sizes

<u>Food Item</u>	<u>USDA “typical size” & Calories</u>	<u>Actual Size Served & Calories</u>
Muffin	2 oz = 190 calories	5 oz = 480 calories
Bagel	2 oz = 150 calories	4 oz = 300 calories
Sandwich	5 oz = 250 calories	11-14 oz = 700 calories
Pizza	1 slice= 5 oz = 440 calories	1 personal pizza = 13 oz = 1140 calories
Burger	5 oz = 400 calories	11 oz = 880 calories
Steak	3 oz = 330 calories	11 oz = 1190 calories
Pasta	1 cup = 240	3 ½ cups = 840 calories
Burrito	5oz = 230 calories	21 oz = 970 calories
Cookies	1 oz = 120 calories	3 oz = 360 calories
Frozen Yogurt	½ cup = 110 calories	1 ½ cups = 300 cups