

FLEXITARIAN DIET SERVING SIZES

FOOD GROUP	STANDARD SERVING	VISUAL GUIDE / EXAMPLES
Vegetables	1 cup raw / ½ cup cooked	<i>Size of a baseball (leafy greens: 2 cups)</i>
Fruits	1 medium piece / ½ cup	<i>Size of a tennis ball / chopped berries</i>
Whole Grains	½ cup cooked / 1 slice	<i>Size of a hockey puck (quinoa, brown rice)</i>
Plant Protein	½ cup beans / ¼ cup nuts	<i>Deck of cards (tofu) or small handful</i>
Animal Protein	3 oz meat / 1 egg	<i>Palm of your hand (poultry or fish)</i>
Dairy / Alt	1 cup liquid / 1.5 oz cheese	<i>Size of 3 dice (cheese) or standard mug</i>
Healthy Fats	1 tsp oil / 1 tbsp butter	<i>Tip of your thumb (olive oil, avocado)</i>

Note: This is a general guide. Adjust servings based on individual caloric needs.