

American Heart Association Guidelines

January 18, 2008

This is the American Heart Association Guidelines for various food types and groups.
Food Type 1,600 calories 2,000 calories Sample Serving Sizes

Grains

At least half of your servings should be whole-grain 6 servings per day 6–8 servings per day - 1 slice bread

- 1 oz dry cereal (check nutrition label for cup measurements of different products)
- ½ cup cooked rice, pasta, or cereal (about the size of a baseball)

Vegetables

Eat a variety of colors and types 3–4 servings per day 4–5 servings per day - 1 cup raw leafy vegetables (about the size of a small fist)

- ½ cup cut-up raw or cooked vegetables
- ½ cup vegetable juice

Fruits

Eat a variety of colors and types 4 servings per day 4–5 servings per day - 1 medium fruit (about the size of a baseball)

- ¼ cup dried fruit
- ½ cup fresh, frozen, or canned fruit
- ½ cup fruit juice

Fat-free or low-fat dairy products

- 2–3 servings per day 2–3 servings per day - 1 cup fat-free or low-fat milk
- 1 cup fat-free or low-fat yogurt
- 1½ oz fat-free or low-fat cheese (about the size of 6 stacked dice)

Lean meats, poultry, and seafood

- 3–6 oz (cooked) per day Less than 6 oz per day - 3 oz cooked meat is about the size of a computer mouse
- 3 oz grilled fish is about the size of a checkbook

Fats and oils

Use liquid vegetable oil and soft margarines most often 2 servings per day 2–3 servings per day - 1 tsp soft margarine

- 1 Tbsp mayonnaise
- 1 tsp vegetable oil
- 1 Tbsp regular or 2 Tbsp low-fat salad dressing (fat-free dressing does not count as a serving)

Nuts, seeds, and legumes

- 3–4 servings per week 4–5 servings per week - 1/3 cup or 1½ oz nuts
- 2 Tbsp peanut butter

- 2 Tbsp or ½ oz seeds

- ½ cup dry beans or peas

Sweets and added sugars

0 servings per week 5 or fewer servings per week

- 1 Tbsp sugar

- 1 Tbsp jelly or jam

- ½ cup sorbet and ices

- 1 cup lemonade