What is a Serving?

Pennington Biomedical Greaux Healthy

(tennis ball)

1 oz. of Pretzels or Potato Chips

1 small Fresh Fruit

1 cup of Milk

1 cup of Yogurt

(golf ball)

2 Tablespoons of Peanut Butter

¼ cup of Dried Fruit

(4 dice)

1 oz. of Nuts or Seeds

(6 dice)

1 ½ oz. of Cheese

(baseball)

1 cup of Beans or Legumes

1 cup of Salad or Leafy Veggies

(card deck)

3 oz. of Cooked Meat or Poultry

3 oz. of Cooked Fish

For more information: www.greauxhealthy.org /greauxhealthyPB
/greaux_healthy /greauxhealthy /company/greaux-healthy

Powered by Pennington Biomedical Research Center in partnership with the State of Louisiana.
©2026 The Board of Supervisors of Louisiana State University and Agricultural and Mechanical College. All rights reserved.