

# *Grain Group:*

## *What Counts as a Serving?*

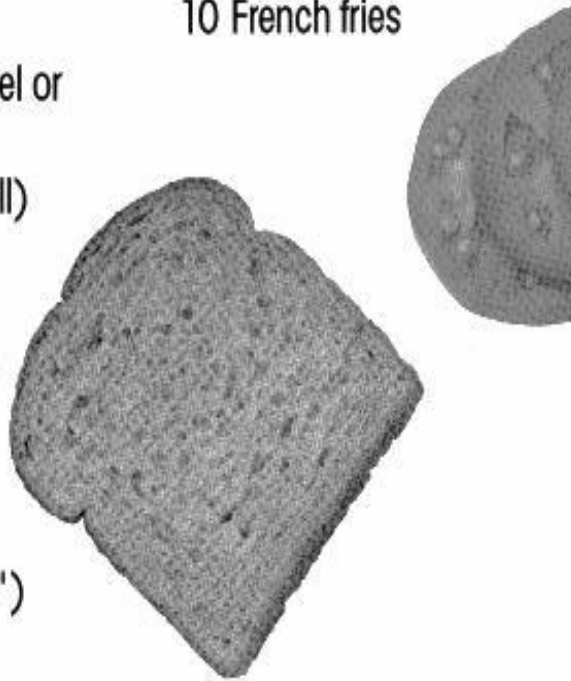
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### Bread, Cereal, Rice & Pasta Group

- 1 slice bread
- 1 tortilla
- ½ cup cooked cereal,  
rice or pasta
- 1 ounce ready-to-eat  
cereal
- ½ hamburger roll, bagel or  
English muffin
- 3-4 plain crackers (small)
- 1 pancake (4-inch)
- ½ croissant (large)
- ½ doughnut or danish  
(medium)
- ⅙ cake (average)
- 2 cookies (medium)
- ⅓ pie, fruit (2-crust, 8")

### Vegetable Group

- ½ cup chopped raw or  
cooked vegetables
- 1 cup raw leafy vegetable
- ¾ cup vegetable juice
- ½ cup scalloped potatoes
- ½ cup potato salad
- 10 French fries



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. [www.cphp.uic.edu](http://www.cphp.uic.edu)