



The University of Arizona
CATS Team Nutrition
What Counts as a Serving?

Breads/Grains/Cereals 80 Calories, 15 g CHO / 3 g Protein / Fat varies

1 slice of bread or small roll, 2 bagel, English muffin, hamburger/hotdog bun
6" tortilla, 4" pancake
Small 3 2 Amuffin
1 oz ready-to-eat cereal see label, ~ 2 C. cooked cereal
2 C. cooked rice, pasta
2 C. beans, legumes
4-8 crackers

Milk and Dairy Products Skim, 90 calories with 0-3 g Fat, 12 g CHO, 8 g Protein
Low-fat, 120 calories with 5 g Fat, 12 g CHO, 8 g Protein
Whole, 150 calories with 8 g Fat, 12 g CHO, 8 g Protein

1C. milk or yogurt
1oz. Cheese
2 C. cottage cheese (contains 14 g Protein)
2 C. frozen yogurt or ice cream

Fruits 60 Calories, 15 g CHO

2 C. chopped, cooked, or canned fruit
1 medium apple (~2 2 diameter), banana (4-5"), orange (~3"diameter), etc.
1/4 C. dried fruit
6 oz. juice

Vegetables 25 Calories, 5 g CHO, 1-2 g Protein

1C. raw, leafy or irregularly-shaped vegetables
2 C. other vegetables, cooked or chopped raw
1 small (3 oz.) or 2 C. mashed potato
6 oz. Juice

Meat/High protein Very lean, 35 Calories with 0 - 1 g Fat and 7 g Protein
Lean, 55 Calories with 3 g Fat and 7 g Protein
Medium Fat, 75 Calories with 5 g Fat and 7 g Protein
High Fat, 100 Calories with 8 g Fat and 7 g Protein

1 oz. meat, poultry, fish (Note: in the Food Guide Pyramid 1 serving = 3 ozs. meat or equivalent)
1 egg or 2 egg whites
2 C. dried beans, peas, lentils (also a starch serving)
1/4 C. nuts (also contains fat servings)
2 T. peanut nut butter (also contains fat servings)
2 C. (4 oz.) Tofu (or see soy product label)

Fats 45 Calories, 5 g Fat

1 tsp. margarine, butter, oils, fatty condiment
1/8 avocado
8 large olives
1 T. regular salad dressing and cream cheese
2 T. reduced-fat salad dressing and cream cheese
2 T. sour cream, 3 T. reduced-fat sour cream