

Serving Size Conversions

2 oz = $\frac{1}{4}$ cup = 57 g

4 oz = $\frac{1}{2}$ cup = 113 g

6 oz = $\frac{2}{3}$ cup = 170 g

8 oz = 1 cup = 227 g

10 oz = 1 $\frac{1}{4}$ cup = 283 g

Sample Serving Sizes



15G
FAT FROM OIL



15G
FAT FROM NUTS



15G
FAT FROM NUT BUTTER



20G
OF PROTEIN



40G
OF PROTEIN



1 CUP
VEGGIES



2 CUPS
VEGGIES



30G
CARBS FROM GRAINS



30G
CARBS FROM FRUIT



60G
CARBS FROM GRAINS



60G
CARBS FROM FRUIT