

## DIET BASICS FOR 2000 CALORIE DIET

### FOOD GROUP

#### **Grains - 6 ounce equivalents**

1 ounce equivalent equal to 1 slice bread, 1/2 cup cooked rice, pasta or other grain, and 1 cup dry cereal

#### **Vegetables - 2 1/2 cups**

1 cup for most vegetables, 2 cups lettuce and leafy greens equals 1 cup.

#### **Fruits - 2 cups**

1 cup for most fruits and juice, 1/2 cup of dried fruit

#### **Meat/Fish/Poultry/Egg - 3 1/2 ounce equivalents**

1 ounce equivalent equal to 1 ounce of meat, fish, poultry(lean cuts and without skin) or 1 large egg

#### **Legumes - 2 ounce equivalent**

1 ounce equivalent equal to 1/4 cup cooked beans, lentils or peas. 2 tablespoons hummus

#### **Nuts and Seeds - 2 ounce equivalent**

1 ounce equivalent equal to 1/2 ounce of seeds or nuts. 1 tablespoon of nut or seed butter

#### **Fats and Oils - 6 teaspoons**

#### **Dairy - 2 cup equivalents**

1 cup equivalent equal to 1 cup milk or yogurt, 2 cups cottage cheese, 1/2 cup ricotta cheese, 1 1/2 ounces hard cheese, 1/3 cup shredded cheese.

#### **Discretionary calories - None**