## What Counts as 1-ounce Equivalent?

### Meat and Bean

| Meat | 1 ounce cooked lean beef  
|      | 1 ounce cooked lean pork or ham  
|      | 1 small steak (eye of round, filet) = 3½ to 4 ounce equivalents  
|      | 1 small lean hamburger = 2 to 3 ounce equivalents  
| Poultry | 1 ounce cooked chicken or turkey, without skin  
|         | 1 sandwich slice (4½ x 2½ x ⅛ inches) turkey  
|         | 1 small chicken breast half = 3 ounce equivalents  
|         | ½ Cornish game hen = 4 ounce equivalents  
| Fish | 1 ounce cooked fish or shellfish  
|      | 1 can of tuna, drained = 3 to 4 ounce equivalents  
|      | 1 salmon steak = 4 to 6 ounce equivalents  
|      | 1 small trout = 3 ounce equivalents  
| Eggs | 1 egg  
| Nuts and seeds | ½ ounce nuts (12 almonds, 24 pistachios or 7 walnut halves)  
|      | ½ ounce pumpkin, sunflower or squash seeds, hulled and roasted  
|      | 1 tablespoon peanut or almond butter  
|      | 1 ounce nuts or seeds = 2 ounce equivalents  
| Dry beans and peas | ¼ cup cooked dry beans (such as black, kidney, pinto or white beans)  
|      | ¼ cup cooked dry peas (such as chickpeas, cowpeas, lentils or split peas)  
|      | ¼ cup baked beans, refried beans  
|      | 1 (2 ¼-inch) falafel patty, 4 ounces  
|      | 2 tablespoons hummus  
|      | 1 cup split pea, lentil, bean soup = 2 ounce equivalents  
| Soybeans | ¾ cup (about 2 ounces) tofu  
|          | 1 ounce tempeh, cooked  
|          | ¾ cup roasted soybeans  
|          | 1 soybean burger patty = 2 ounce equivalents  

### Grain

| Bagels | 1 mini-bagel  
|        | 1 large bagel = 4 ounce equivalents  
| Biscuits (baking powder, buttermilk) | 1 small (2-inch diameter) biscuit  
|      | 1 large (3-inch diameter) biscuit = 2 ounce equivalents  
| Breads | 1 regular slice bread  
|        | 1 small slice French bread  
|        | 4 snack-size slices rye bread  
|        | 2 regular slices = 2 ounce equivalents  
| Bulgur (creaked wheat) | ½ cup cooked bulgur wheat  
| Cornbread | 1 small (2½ x 1⅛ x 1⅛ inch) piece cornbread  
|          | 1 medium (2½ x 2½ x ¼ inch) piece cornbread = 2 ounce equivalents  
| Crackers | 5 whole wheat crackers  
|          | 2 rye crispbreads  
|          | 7 square or round crackers  
| English Muffins | ½ muffin  
|               | 1 muffin = 2 ounce equivalents  
| Muffins | 1 small (2½ -inch diameter) muffin  
|          | 1 large (3½ -inch diameter) muffin = 3 ounce equivalents  
| Oatmeal | ½ cup cooked oats  
|          | 1 packet instant oatmeal  
|          | 1 ounce dry regular or quick oats  
| Pancakes | 1 (4½-inch) pancake  
|          | 2 small (3-inch) pancakes  
|          | 3 (4½ inch) pancakes = 3 ounce equivalents  
| Popcorn | 3 cups popped popcorn  
|          | 1 bag microwave popcorn, popped = 4 ounce equivalents  
| Ready-to-eat breakfast cereal | 1 cup flakes or rounds  
|          | 1¼ cup puffed cereal  
| Rice | ½ cup cooked rice  
|      | 1 ounce dry rice  
|      | 1 cup cooked rice = 2 ounce equivalents  
| Pasta (spaghetti, macaroni, noodles) | 1 ounce dry pasta  
|      | 1/2 cup cooked pasta  
|      | 1 cup cooked pasta = 2 ounce equivalents  
| Tortillas | 1 small (6-inch) flour tortilla  
|          | 1 (6-inch) corn tortilla  
|          | 1 large (12-inch) tortilla = 4 ounce equivalents  

## Tip: A 3-ounce portion of meat is about the size of a deck of playing cards

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