

NUMBER OF SERVINGS FROM A POUND OF VARIOUS FOODS

Food (raw as purchased)	Serving Size	Number Servings/lb. (cooked or as eaten)
broccoli	1/2 cup	2 1/4 servings
carrots	1/2 cup	3 1/4 servings
fish (boneless)	3 oz.	5 servings
lean ground beef	3 oz.	5 servings
regular ground beef	3 oz.	4 servings
round steak (boneless)	3 oz.	4 1/2 - 5 servings
apples	1 med. (dia. = 2 3/4 in.)	3 (raw) servings

Number Servings (3 oz.) of Cooked Edible Meat From 1 Pound Raw Meat

Boneless, very lean meats (ground round)	= 5 Servings
Boneless, more fatty meats (regular hamburger)	= 4 Servings
Meats with small bone (pork chops)	= 3 Servings
More bony meats (chicken)	= 2 to 2 1/2 Servings
Very bony meats (ribs)	= 1 to 1 1/2 Servings

Amount of certain bony meats that yields one 3-ounce cooked serving:

- 1 chicken leg & thigh
- 1 chicken breast half
- 2 pork chops, with bone (each 1/2" thick)
- 3/4 lb. to 1 lb. spareribs

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