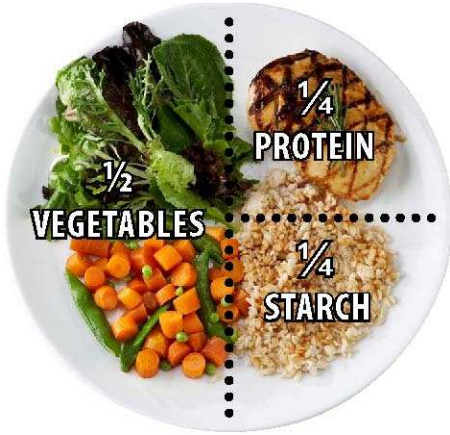


Portion Size Guide

When you're trying to eat healthy, it's important to keep track of just how much you're eating. It's too easy to misjudge correct portion sizes. Here are some easy comparisons to help you figure out how many servings are on your plate.



Portion Size Your Plate

1/2 PLATE VEGETABLES:

Fill half your plate with a colorful variety of different vegetables for good nutrition.

1/4 PLATE PROTEINS:

Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your protein for a delicious and healthy meal.

1/4 PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

BASIC GUIDELINES

****Below are some basic guidelines to compare to. Ex: 1 cup is about the size of a baseball****



1 cup = baseball



1/2 cup = light bulb



1 oz or 2 tbsp = golf ball



1 tbsp = poker chip



1 slice of bread = cassette tape



3 oz chicken or meat = Deck of Cards



3 oz fish = checkbook



1 oz lunch meat = compact disc



3 oz muffin or biscuit = hockey puck



1 1/2 oz cheese = 3 dice

Grains

- 1 cup of cereal flakes = baseball
- 1 pancake = compact disc
- 1/2 cup of cooked rice = lightbulb
- 1/2 cup cooked pasta = lightbulb
- 1 slice of bread = cassette tape
- 3 cups popcorn = 3 baseballs

Fruits and Vegetables

- 1 medium fruit = baseball
- 1/2 cup grapes = about 16 grapes
- 1 cup strawberries = about 12 berries
- 1 cup of salad greens = baseball
- 1 cup carrots = about 12 baby carrots
- 1 cup cooked vegetables = baseball
- 1 baked potato = computer mouse

Meat, Fish and Nuts

- 3 oz lean meat & poultry = deck of cards
- 3 oz grilled/baked fish = checkbook
- 3 oz tofu = deck of cards
- 2 tbsp peanut butter = golf ball
- 2 tbsp hummus = golf ball
- 1/4 cup almonds = 23 almonds
- 1/4 cup pistachios = 24 pistachios

DAIRY & CHEESE

- 1 1/2 oz cheese = 3 stacked dice
- 1 cup yogurt = baseball
- 1/2 cup frozen yogurt = lightbulb
- 1/2 cup ice cream = lightbulb

FATS & OILS

- 1 tbsp butter or spread = poker chip
- 1 tbsp salad dressing = poker chip
- 1 tbsp mayonnaise = poker chip
- 1 tbsp oil = poker chip

SWEETS & TREATS

- 1 piece chocolate = dental floss package
- 1 brownie = dental floss package
- 1 slice of cake = deck of cards
- 1 cookie = about 2 poker chips