

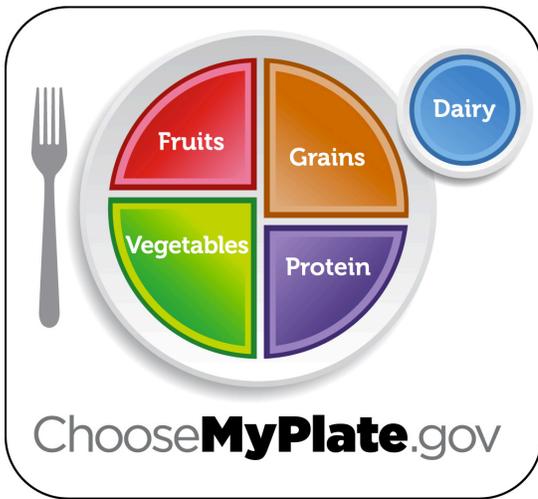


Portion Size Guide



Eating healthy means incorporating all food groups into your daily diet. It is very easy to overestimate portion sizes, especially while eating away from the comfort of your kitchen. Having these easy references will help you estimate correct portion sizes, no matter where you are enjoying a meal!

Balancing your plate:



Vegetables & Fruits:

- Should be ½ your plate!
- Taste the rainbow: incorporate a variety of colors & nutrients essentials for health

Grains:

- Whole-grain starches are good for your heart and keep you feeling fuller for longer
- Also gives you energy to succeed in a busy day

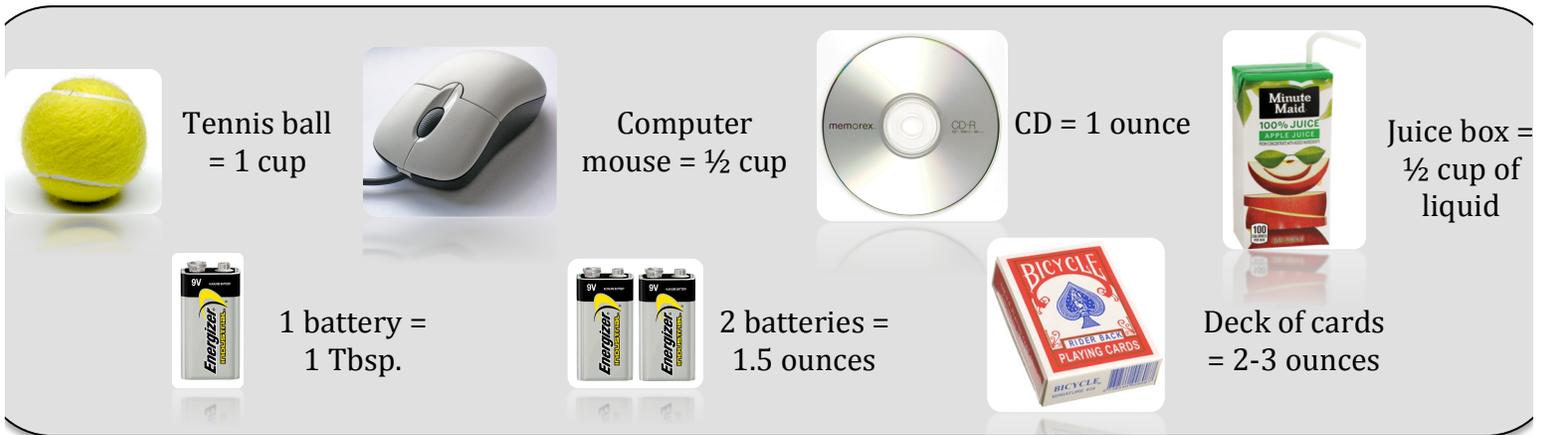
Protein:

- Low and medium-fat proteins are great for your muscles and heart health
- Be sure proteins are baked, broiled, or grilled to minimize extra fat and calories

Dairy:

- Choose low-fat or fat-free products to minimize extra fat in the diet
- Calcium and vitamin D are used for building strong bones and teeth, as well as maintain bone mass
- These nutrients are also essential for healthy blood pressure

Basic Portion Size References



Basic Portion Size Examples

Grains

- 1 cup of cereal = Tennis ball
- 1 pancake = compact disc (CD)
- ½ cup pasta/rice = computer mouse
- 1 bagel = can of tuna

Dairy & Cheese

- 1 ½ oz. cheese = 2 batteries
- 1 cup yogurt = tennis ball

Fruits & Vegetables

- 1 medium fruit = tennis ball
- Small salad (greens) = tennis ball
- 1 cup cooked vegetables = tennis ball
- 1 baked potato = computer mouse

Fats & Oils

- 1 Tbsp. butter/spread = battery
- 1 Tbsp. salad dressing = battery

Protein

- 3 oz. lean meat/poultry = deck of cards
- 3 oz. tofu = deck of cards
- 2 Tbsp. peanut butter = 2 batteries
- 2 Tbsp. hummus = 2 batteries

Sweets

- Piece of chocolate = dental floss package