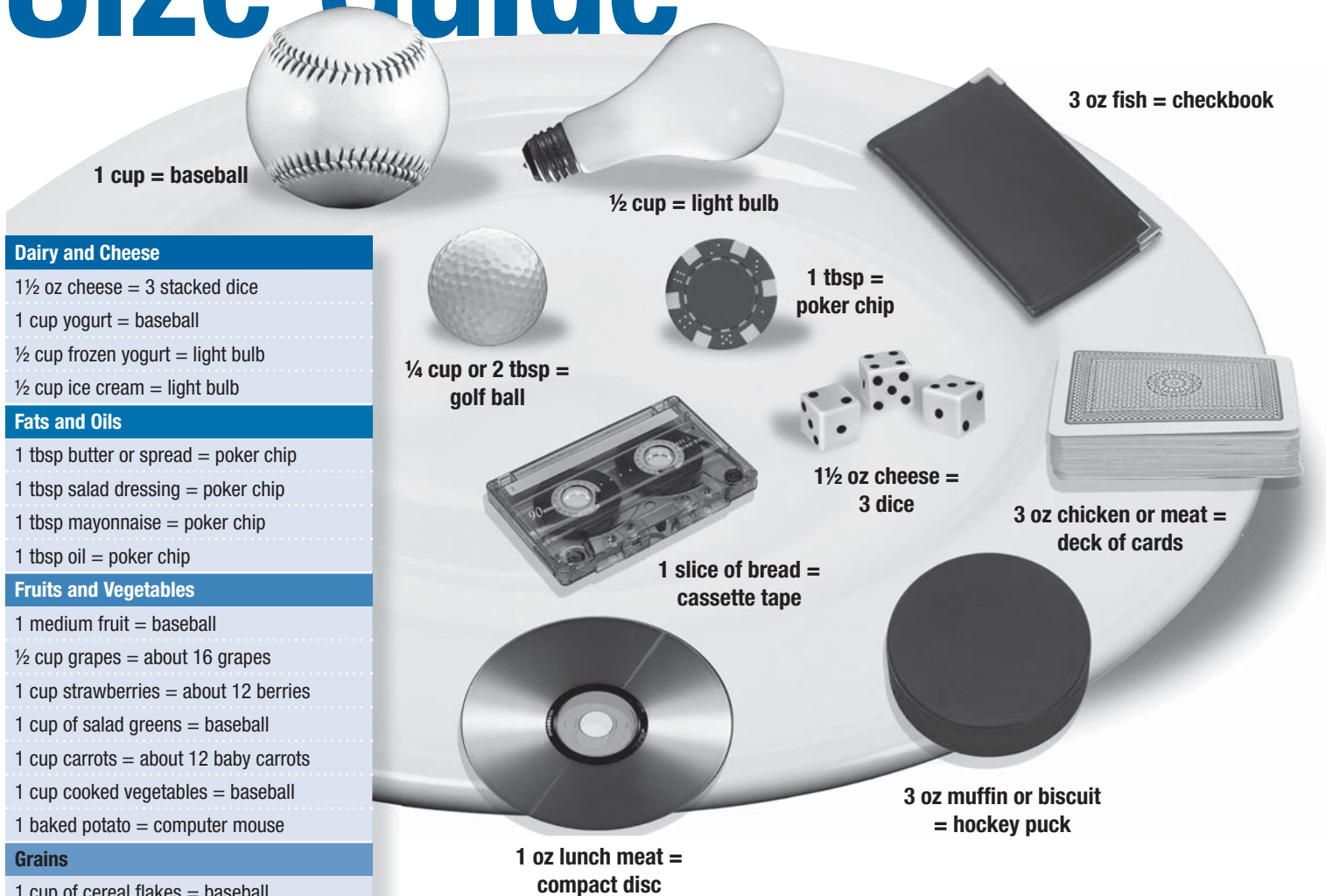


Portion Size Guide

When you're trying to eat healthy, it's important to keep track of how much you are eating. It can be easy to misjudge correct portion sizes. Here are some easy comparisons to help you judge correct serving sizes.



Dairy and Cheese

- 1 ½ oz cheese = 3 stacked dice
- 1 cup yogurt = baseball
- ½ cup frozen yogurt = light bulb
- ½ cup ice cream = light bulb

Fats and Oils

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

Fruits and Vegetables

- 1 medium fruit = baseball
- ½ 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

Grains

- 1 cup of cereal flakes = baseball
- 1 pancake = compact disc
- ½ cup of cooked rice = light bulb
- ½ cup of cooked pasta = light bulb
- 1 slice of bread = cassette tape
- 1 bagel = 6 oz can of tuna
- 3 cups popcorn = 3 baseballs

Meats, Fish, and Nuts

- 3 oz lean meat and 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
- ¼ cup almonds = 12 almonds
- ¼ cup pistachios = 24 pistachios

Sweets and Treats

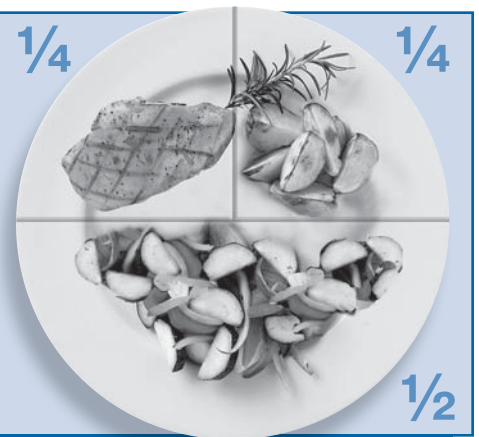
- 1 piece of chocolate = dental floss package
- 1 brownie = dental floss package
- 1 slice of cake = deck of cards
- 1 cookie = about 2 poker chips

Portion Size Your Plate

½ Plate Vegetables: Fill half your plate with assorted, colorful vegetables.

¼ Plate Proteins: Low-fat proteins are best for your body, especially when they are baked, broiled, or grilled.

¼ Plate Starches: Whole-grain starches are heart-healthy and stomach-filling. While higher-starch foods like yams, potatoes, and corn are considered vegetables, be sure to include these foods on the starch portion of your plate.



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