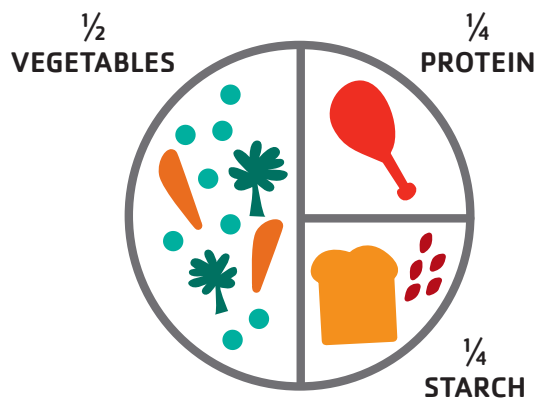


PORTION SIZE GUIDE

WHEN TRYING TO EAT HEALTHY, IT'S ESSENTIAL TO KEEP TRACK OF JUST HOW MUCH YOU'RE CONSUMING. IT'S ALL TOO EASY TO MISJUDGE CORRECT PORTION SIZES. HERE ARE SOME SIMPLE 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 assortment of different vegetables for good nutrition and tastes to please your palate.

1/4 PLATE PROTEINS: Low-fat proteins are good for your heart and better for your waistline. Bake, broil or grill your way to 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



1 cup = baseball



1/2 cup = lightbulb



1 oz or 2 tbsp = golf ball



1 tbsp = poker chip



1 slice bread = cassette tape



3 oz chicken or meat = card deck



3 oz fish = checkbook



1 oz lunch meat = compact disc



3 oz muffin/biscuit = hockey puck



1 1/2 oz cheese = 3 dice

GRAINS

1 cup of cereal flakes = baseball
 1 pancake = compact disc (CD)
 1/2 cup of cooked rice = lightbulb
 1/2 cup of cooked pasta = lightbulb
 1 slice of bread = cassette tape
 1 bagel = 6 oz can of tuna
 3 cups popcorn = 3 baseballs

FRUITS & 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

MEATS, FISH & 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 = 23 pistachios

DAIRY & CHEESE

1 1/2 oz cheese = 3 stacked dice
 1 cup yogurt = baseball
 1/2 cup frozen = 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 pkg.
 1 brownie = dental floss pkg.
 1 slice of cake = deck of cards
 1 cookie = about 2 poker chips