# **VebMD**Portion Size Guide

When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all 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

nutrition and tastes to please your palate.

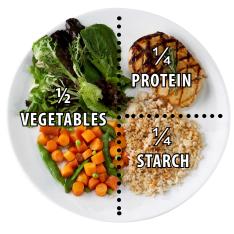
or grill your way to a delicious and healthy meal.

in starch and should be placed on this part of your plate.

<sup>1</sup>/<sub>2</sub> PLATE VEGETABLES:

1/4 PLATE PROTEINS:

1/4 PLATE STARCHES:



# **BASIC GUIDELINES**



1 cup = baseball

 $\frac{1}{2}$  cup = lightbulb

3 oz fish

= checkbook



3 oz chicken or meat = deck of cards



1 cup of cereal flakes = baseball 1 pancake = compact disc  $\frac{1}{2}$  cup of cooked rice = lightbulb  $\frac{1}{2}$  cup cooked pasta = lightbulb 1 slice of bread = cassette tape 1 bagel = 6 oz can of tuna 3 cups popcorn = 3 baseballs

# **DAIRY & CHEESE**

 $1\frac{1}{2}$  oz cheese = 3 stacked dice 1 cup yogurt = baseball  $\frac{1}{2}$  cup frozen yogurt = lightbulb  $\frac{1}{2}$  cup ice cream = lightbulb



1 oz or 2 tbsp = golf ball



1 oz lunch meat = compact disc

# **FRUITS & VEGETABLES**

1 cup cooked vegetables = baseball 1 baked potato = computer mouse

# **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

Fill half your plate with a colorful assortment of different vegetables for good

Low-fat proteins are good for your heart and better for your waistline. Bake, broil,

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

1 tbsp = poker chip



1 slice of bread = cassette tape





3 oz muffin or biscuit = hockey puck

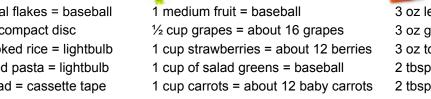
1<sup>1</sup>/<sub>2</sub> oz cheese = 3 dice

# **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  $\frac{1}{4}$  cup almonds = 23 almonds  $\frac{1}{4}$  cup pistachios = 24 pistachios

### **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



#### healthyeating.webmd.com