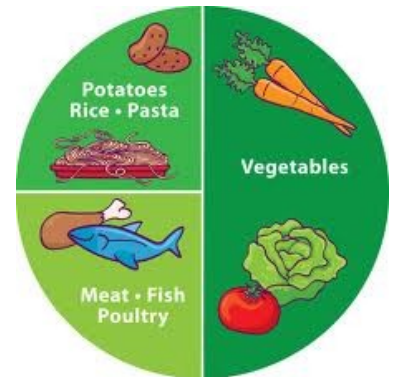


Portion Sizing

BASIC GUIDELINES

- 1/2 Plate Vegetables: Raw and Cooked. Fill half your plate with a colorful array of different vegetables.
- 1/4 Plate Proteins: Choose the best quality meats and seafood.
- 1/4 Plate Starches: Whole grain. Yams, potatoes, and corn are considered vegetables, they are high in starch so place them in this part of your plate.



SIZING



Baseball = 1 cup



Light bulb = 1/2 cup



Golf ball = 1 oz or 2 Tbsp



Poker chip = 1 Tbsp



Cassette tape = 1 slice of bread



Dental floss pack = chocolate



Deck of cards = 3 oz poultry/meat



Check book = 3 oz fish



Compact Disc = pancake



Sm tin cat food = Muffin or biscuit



3 dice = 1 1/2 oz cheese



Pencil length = banana



Meats, Fish & Nuts

- 3 oz meat/poultry = deck of cards
- 3 oz fish = checkbook
- 2 tbsp peanut butter = golf ball
- 2 tbsp hummus = golf ball
- 1/4 cup almonds = golf ball



Dairy & Cheese

- 1 cup yogurt = baseball
- 1/2 cup frozen yogurt = light bulb
- 1/2 cup ice cream = light bulb



Fats & Oils

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



Fruits & Vegetables

- 1 medium fruit = baseball
- 1 cup salad greens = baseball
- 1 baked potato = computer mouse
- 1/2 cup grapes = about 16
- 1 cup baby carrots = about 12
- 1/2 cup mashed potato = light bulb
- 1 oz dried fruit = golf ball



Grains

- 1 cup cereal = baseball
- 1 waffle = compact disc
- 1/2 cup cooked rice = light bulb
- 1/2 cup cooked pasta = light bulb
- 1 bagel = small tin cat food
- 1 biscuit = small tin cat food



Sweets & Treats

- 1 piece chocolate = dental floss pack
- 1 brownie = dental floss pack
- 1 slice cake = deck of cards
- 1 cookie = about 2 poker chips
- 1 cinnamon roll = sm tin cat food



Prepared Foods

- 1 hamburger = deck of cards
- 1 burrito = check book cover
- Nachos = check book cover
- Sandwich = 2 decks cards
- 1 lasagna = baseball
- 1 pizza = 2 dollar bills