

## What is a *portion* and *serving* size?

A "*portion*" is how much food you choose to eat.

A "*serving*" is a standard amount set by the U.S. Government, or sometimes by others for recipes, cookbooks, or diet plans.

### **RULES of thumb for appropriate food portion:**

- 3 oz. of meat, poultry, or fish -- is about the size of a deck of playing cards.
- One-cup of fruit, vegetables, pasta or rice -- is about the size of a small fist.
- One-ounce of cheese -- is about the size of your thumb.
- One-cup of milk, yogurt, or chopped fresh greens -- is about the size of a small hand holding a tennis ball

### **Tips to help CONTROL portion size:**

- Share your meal.
- Take half or more of your meal home when eating out.
- Stop eating when you begin to feel full.
- Avoid "super size" beverages and foods.
- When traveling, bring along nutritious foods that will not spoil.

### **Be A Success...Remember to do the following:**

- Eat slowly.
- Take seconds of vegetables or salads.
- When cooking in large batches, freeze food that you will not serve right away.
- Eat four to six sensible meals at regular times throughout the day.
- Keep snacking to a minimum.

# What is a *portion* and *serving* size?

## **Portion Size 4 Weight Loss:**

### **GRAINS**

- ⇒ Whole-wheat bread = 1 slice
- ⇒ Whole-wheat crackers = 6 whole
- ⇒ Cooked pasta or oatmeal = ½ cup

### **FRUITS**

- ⇒ Apple, pear, or banana = 1 small
- ⇒ 100% fruit juice = ½ cup

### **VEGETABLES**

- ⇒ Raw leafy vegetables = 2 cups
- ⇒ Chopped, cooked or canned vegetables = ½ cup

### **DAIRY**

- ⇒ Low-fat or fat-free yogurt = 1 cup
- ⇒ Part-skim mozzarella cheese = 1 ½ ounces (or about 1/3 cup shredded)

### **MEATS & BEANS**

- ⇒ Cooked skinless poultry or fish = 3 ounces
- ⇒ Cooked lean meat = 1 ½ ounces
- ⇒ Cooked legumes or dried beans = ½ cup (size of an ice cream scoop)
- ⇒ Egg = 1 medium

## **The Food Guide Pyramid**

The Food Guide Pyramid is an easy way to design a healthy eating plan. It provides the body with the necessary daily nutrition it needs. Below are examples of foods and servings for each food group.

### **Bread, Cereal, Rice & Pasta: consume 6 – 11 servings a day**

- ⇒ 1 serving = 1 slice of bread; ½ bagel; 1 oz. of dry cereal; ½ cup of cooked cereal, rice or pasta

### **Vegetables: consume 3 - 5 servings a day**

- ⇒ 1 serving = 1 cup of raw leafy greens, ½ cup of any chopped vegetable, ¾ cup of vegetable juice

### **Fruits: consume 2 - 4 servings a day**

- ⇒ 1 serving = 1 medium apple, banana, or orange; ½ cup of chopped fruit or berries; ¾ cup of fruit juice

### **Milk, Yogurt & Cheese: consume 2 - 4 servings a day**

- ⇒ 1 serving = 1 cup of milk or yogurt, 1 oz. of natural cheese, 2 oz. of processed cheese

### **Meat, Poultry, Fish, Dry Beans, Eggs & Nuts: consume 2 - 3 servings a day**

- ⇒ 1 serving = 3 oz of cooked lean meat, poultry or fish; 1 egg; ½ cup of cooked beans; 2 tablespoons of peanut butter, nuts or seeds