

7079 - Portion Control



Portion plates give you a clear visual picture of what a healthy meal and snack should consist of and look like. 1/2 of your plate should be fruits and vegetables, 1/4 of your plate whole grains and the remaining 1/4 lean protein.

It is important to understand the difference between portions and servings. For example if you have a sandwich with 2 slices of bread (each slice being 1oz) for lunch you would consider that a portion. However, since the food guide states 1 slice of bread equals 1 serving, the bread in your sandwich would be considered 2 servings of the recommended allowance.

Remember when counting portions you need to understand the food guides recommended serving sizes. Understanding this difference along with controlling portion sizes and keeping track of servings will help control your weight.

WHAT DOES A SERVING LOOK LIKE?

GRAIN PRODUCTS

- 1 cup of cereal flakes = fist
- 1 pancake = compact disc
- 1/2 cup of cooked rice, pasta, or potato = mouse



VEGETABLES AND FRUIT

- 1 cup of salad greens = baseball
- 1 med. fruit = tennis ball
- 1/2 cup of fresh fruit or veggies = cupped hand
- 1/4 cup of raisins = large egg



DAIRY AND CHEESE

- 1 1/2 oz. cheese = 4 stacked dice or 2 cheese slices
- 1/2 cup of ice cream = tennis ball



FATS

- 1 tsp. margarine or spreads = 1 dice



MEAT AND ALTERNATIVES

- 3 oz. meat, fish, and poultry = palm of your hand or a deck of cards
- 3 oz. grilled/baked fish = check book
- 2 Tbsp. Peanut butter = ping pong ball
- 1/4 cup of nuts or seeds = cupped hand

