

# Serving Sizes







## Enjoy your food, but eat less.

Before you eat, think about what goes on your plate or in your cup or bowl. Use these familiar objects to judge a single serving size and remember:

- Use a 9" plate
- Fill  $\frac{1}{2}$  your plate with non-starchy vegetables and fruit
- Fill  $\frac{1}{4}$  of your plate with lean protein (a 2- to 3-ounce cooked portion)
- Fill  $\frac{1}{4}$  of your plate with whole grains or starchy vegetables.











### Non-Starchy Vegetables & Fruits

|   |                       |   |
|---|-----------------------|---|
| 1 cup of raw vegetables                           | 1 baseball            |  |
| $\frac{1}{2}$ cup vegetables                      | 1 computer mouse      |  |
| 1 medium piece of fruit<br>OR<br>1 cup of berries | 1 tennis ball         |  |
| $\frac{3}{4}$ cup of juice                        | 1 small Styrofoam cup |  |
| $\frac{1}{2}$ cup chopped or canned fruit         | 1 computer mouse      |  |
| $\frac{1}{4}$ cup raisins                         | 1 large egg           |  |



## Grains & Starchy Vegetables



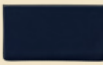





|  |                   |   |
|--|-------------------|---|
| 1 ounce bread or 1 slice of bread                  | 1 CD case         |    |
| 1 small (4- to 4 1/2-inch) pancake                 | 1 CD              |    |
| 1/2 cup cooked pasta<br>OR<br>1 small baked potato | 1 computer mouse  |    |
| 1 cup dry cereal                                   | 1 baseball        |    |
| 1 small bagel                                      | 1 hockey puck     |    |
| 10 French fries                                    | 1 deck of cards   |  |
| 1/2 cup cooked rice                                | 1 cupcake wrapper |  |
| 1 piece of cornbread                               | 1 bar of soap     |  |






## Lean Protein (includes seafood, beans, peas, nuts, lean meats, poultry, and eggs)



|   |                  |   |
|---|------------------|---|
| 1 ounce meat, poultry   | 1 matchbook      |    |
| 2-3 ounces of meat, fish, or poultry                            | 1 deck of cards  |    |
| 3 ounces of fish fillet   | 1 checkbook      |    |
| ½ cup of cooked beans   | 1 computer mouse |    |
| 2 tablespoons of peanut butter<br>OR<br>2 tablespoons of hummus | 1 Ping-Pong ball |   |
| ¼ cup of nuts   | 1 golf ball      |  |

## Milk & Milk Products



|                                 |                         |   |
|---------------------------------|-------------------------|---|
| 1 cup of low-fat yogurt or milk | 1 baseball              |  |
| 1 ounce of cheese               | 2 pair of dice (4 dice) |  |
| 1-ounce slice of cheese         | 1 CD case               |  |

## Fats & Condiments



- One serving of fat, oil, or sugar is 1 teaspoon.
- One serving of salad dressing is 1 tablespoon.
- One serving of mustard, ketchup, or mayonnaise is 1 tablespoon.
- One serving of peanut butter is 2 tablespoons.

One teaspoon is about the size of a penny.



One tablespoon is about the size of one quarter.



Two tablespoons is about the size of 2 quarters.



For more information on building your healthy plate with appropriate portion sizes, see the “Healthy Plate” MOVE!® Handout.