

# 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 OR 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



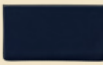





1 ounce bread or 1 slice of bread	1 CD case	
1 small (4- to 4 1/2-inch) pancake	1 CD	
1/2 cup cooked pasta OR 1 small baked potato	1 computer mouse	
1 cup dry cereal	1 baseball	
1 small bagel	1 hockey puck	
10 French fries	1 deck of cards	
1/2 cup cooked rice	1 cupcake wrapper	
1 piece of cornbread	1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