

Visualizing Appropriate Portion Sizes

Do you know what a reasonable portion size looks like? The next time you fix your plate, remember these objects and choose a portion that matches its size!



GRAINS

- 1 cup of cereal= Baseball
- 1 pancake= CD
- 1/2 cup of cooked rice= Light Bulb
- 1/2 cup of cooked Pasta= Light Bulb
- 1 Bagel= Hockey Puck



FRUITS

- 1 medium fruit= Baseball
- 1/4 cup of dried fruit= Golf Ball
- 1 cup of chopped or raw fruits= Baseball



DAIRY

- 1 cup of yogurt= Baseball
- 1 cup of low-fat milk= Baseball
- 1/2 cup of ice cream= 1/2 a Baseball
- 1 1/2 ounce of cheese= 3 Dice



VEGETABLES

- 1 medium baked potato= Computer Mouse
- 1 cup of raw, leafy vegetables= Baseball
- 1 cup of cooked vegetables= Baseball
- 1 cup of chopped or raw vegetables= Baseball



PROTEIN

- 3 ounces lean meat & poultry= Deck of Cards
- 3 ounces grilled/baked fish= Check Book
- 1/4 cup mixed nuts= Golf Ball
- 2 Tablespoons of peanut butter= Golf Ball



FATS, OILS & SWEETS

- 1 Tablespoon butter= Poker Chip
- 1 teaspoon of olive oil= 1 Die
- 1 Tablespoon salad dressing= Poker Chip
- 1 slice of cake= Deck of Cards
- 1 brownie= 4 Dice



Common items to use for a quick and easy comparison

| | | |
|---------------|-------------|-----------|
| Deck of Cards | Light Bulb | CD |
| Poker Chip | Hockey Puck | Dice |
| Baseball | | Golf Ball |

*A Few Healthful Reminders:

Make half your GRAINS whole.

Eat a variety of FRUIT.

Choose Low-Fat or Fat Free DAIRY products.

Vary your VEGETABLES eat a variety of colors.

Go lean with PROTEIN.

Get healthy FATS from fish, nuts, and vegetable/ olive oil.