

The Easy Guide to Serving Sizes



Use this guide to keep your portions in check wherever you go.

VEGGIES

1 cup



FRUIT

1/2 cup



CARBS

1/2 cup



1 medium



1/2 cup



1 medium



DAIRY

1 1/2 ounces



1 tablespoon



1/2 cup



PROTEIN

3 ounces



3 ounces



1/2 cup



1 ounces

