

Take a Good Look at Your Plate!



Trying to prepare healthy meals can be hard. If you know the right portion sizes it is much easier. Use the picture of the plate and examples below to help you choose the right portion sizes.

Add a cup of 1% milk to complete your healthy meal!

Size up your portions with these household items and common portion sizes:



1 cup of fruits, vegetables, pasta, or rice = baseball



1/2 cup dry beans = lightbulb



1/4 cup nuts or 1/4 cup dried fruit = golf ball



1 Tablespoon peanut butter = 3 dice



3 ounces chicken or meat = deck of cards



3 ounces fish = checkbook



1 ounce lunch meat = cd



1 slice of bread = cd case



3 ounces muffin or biscuit = tuna can