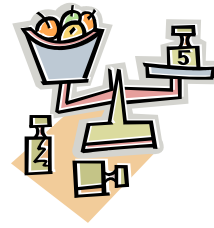


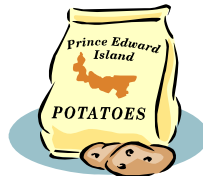
# Portion Control



## Common serving sizes

### **Starches:**

- ½ cup whole-wheat pasta
- ⅓ cup brown rice
- ¾ cup whole-wheat cereal
- ½ cup mashed potato or 1 small baked potato
- ½ cup peas
- ½ cup corn
- ½ cup winter squash
- 1 slice of whole wheat bread



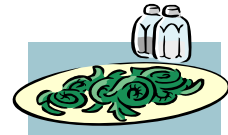
### **Fruit:**

- 2 inch diameter apple, orange, pear, peach
- 15 medium grapes
- ½ banana
- 3-4 oz fruit juice
- ¾ cup berries
- ¼ slice small cantaloupe
- 2 T raisins



### **Vegetables:** (excluding, peas, corn, potato, and winter squash)

- ½ cup cooked vegetables
- 1 cup raw vegetables



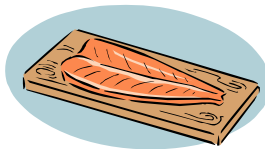
### **Legumes:**

- ⅓ cup cooked beans
- 1 cup edamame
- ½ cup cooked lentils
- ⅓ cup hummus
- 2 T natural peanut butter
- 6 almonds or other large nuts



### **Protein:**

- 3 oz meat, poultry, or fish



**Dairy:**

- 1 cup low fat/no fat milk
- 6 oz low fat yogurt
- 1 egg or 2 egg whites
- 1 oz low fat or fat free cheese
- ½ cup of low fat, low sodium cottage cheese



**Fat:**

- 1 tsp oil (use olive, peanut, or canola oil)
- 1 T margarine (trans fat free)



**Sodium:**

Do not use the saltshaker



**Recognize Standard Serving Sizes**

Serving Size	Food
Your fist	Portion of fruit and vegetables
Palm of your hand without fingers	Meat, Poultry, Fish
Computer mouse	Baked potato
Ice cream scoop	Pasta and rice
Hockey puck	Bagel
CD	Pancake
Pair of dice	Cheese