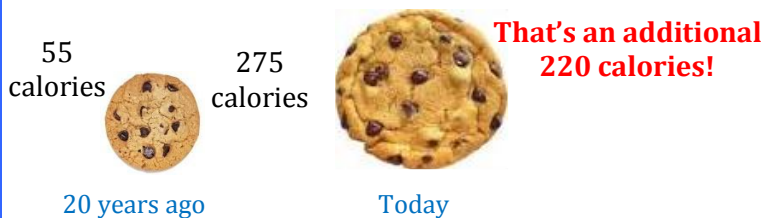


STAYING WISE ABOUT PORTION SIZE

Did You Know?

Portion sizes have gotten much larger over the past 20 years. Portion size is very important to keep in mind because as little as an extra 100 calories per day can lead to a 10 lb. weight gain per year. Whether you're eating out or at home, one serving may be much more food and many more calories than the amounts recommended for your daily calorie allowance. The extra calories are why it is crucial to pay attention the amounts of foods you eat.



How Much Do You Need?

**** The following is based on a 2,000-calorie daily food pattern for ages 19 and over.**

GRAINS: Eat 6 oz. per day. Make half your grains whole grains.

- 1 slice of bread
- 1 cup ready-to-eat cereal
- ½ cup cooked pasta or oatmeal
- 3 cups popcorn

FRUITS: Eat 2 cups of fresh, frozen, or canned fruits.

- 1 cup of fruit or 100% fruit juice
- ½ cup of dried fruit = 1 cup serving of fruit

VEGETABLES: Eat 2 ½ cups of fresh, frozen or canned vegetables.

- 2 cups of raw, leafy greens = 1 cup serving

DAIRY: Consume 3 cups of fat-free or low-fat milk or dairy products.

- 8 oz. milk
- 1 cup yogurt
- 1 ½ oz. natural cheese

PROTEIN: Eat 5 ½ oz. of lean meat, poultry, or fish

- 1 oz. meat poultry, or fish
- 1 egg
- 1 Tbsp. of peanut butter

How to “eyeball” your portion sizes using common items

1 Cup =



½ Cup =



1 Teaspoon = tip of thumb to first joint

1 Tablespoon = 3 thumb tips



1 ½ oz. of cheese = 4 stacked dice



3 oz. of cooked poultry, meat = deck of cards



3 oz. of fish = a checkbook



1 oz. of bread = a CD case



For more information, please visit:
www.ChooseMyPlate.gov

