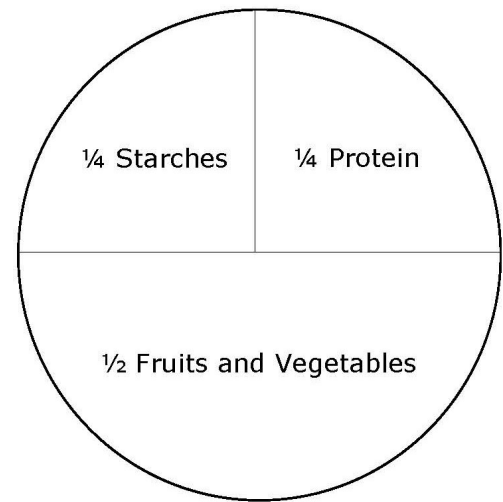


Portion Guide

With the rising trend of bigger portion sizes, misjudging correct portion sizes is all too easy. This guide provides simple comparisons to help you gauge how much you are eating and the number of servings on your plate. The United States Department of Agriculture (USDA) provides a plate-based model for nutrition recommendations. Visit www.ChooseMyPlate.gov for more information.

Plating your portions

- **½ plate of fruits and vegetables.** Half your plate should be filled with a variety of fruits and vegetables.
- **¼ plate of protein.** Only a fourth of the plate should be allotted for lean protein choices.
- **¼ plate of starches.** Starches should take up the remaining fourth of the plate. This includes whole grains, yams, and potatoes.



Basic Portion Guidelines

Portion Example	Portion Size	Type of Food
Baseball	1 cup	Medium fruit, bowl of cereal, cooked vegetables, bowl of salad
Golf ball	1 oz or 2 Tbsp	Peanut butter, hummus
Hockey puck	3 oz	Muffin, biscuit, bagel
Compact disc	1 oz	Lunch meat, pancake
4 stacked dice	1 oz	Cubed cheese
Light bulb	½ cup	Rice or pasta, fresh fruit (cut), frozen yogurt, ice cream
Poker chips	1 Tbsp	Oil, salad dressing
Deck of cards	3 oz	Fish (grilled or baked)
Cassette tape	1 slice	Bread

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