



**PORTION SIZE YOUR PLATE**

**1/2 PLATE VEGETABLES:**

Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

**1/4 PLATE PROTEINS:**

Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.

**1/4 PLATE STARCHES:**

Whole-grain starches keep you feeling fuller longer. Yams, potatoes and corn are high in starch and should be placed on this part of your plate.

**GRAINS:**

- 1 cup of cereal flakes = baseball
- 1 pancake = compact disc
- 1/2 cup of cooked rice = light bulb
- 1/2 cup cooked pasta = light bulb
- 1 slice of bread = cassette tape
- 1 bagel = 6 oz can of tuna
- 3 cups popcorn = 3 baseballs

**DAIRY & CHEESE:**

- 1 1/2 oz cheese = 3 stacked dice
- 1 cup yogurt = baseball
- 1/2 cup frozen yogurt = light bulb
- 1/2 cup ice cream = light bulb

**FRUITS & VEGETABLES:**

- 1 medium fruit = baseball
- 1/2 cup grapes = about 16 grapes
- 1 cup strawberries = about 12 berries
- 1 cup of salad greens = baseball
- 1 cup carrots = about 12 baby carrots
- 1 cup cooked vegetables = baseball
- 1 baked potato = computer mouse

**FATS & OILS:**

- 1 tbsp butter or spread = poker chip
- 1 tbsp salad dressing = poker chip
- 1 tbsp mayonnaise = poker chip
- 1 tbsp oil = poker chip

**MEATS, FISH & NUTS:**

- 3 oz lean meat & poultry = deck of cards
- 3 oz grilled/baked fish = checkbook
- 3 oz tofu = deck of cards
- 2 tbsp peanut butter = golf ball
- 2 tbsp hummus = golf ball
- 1/4 cup almonds = 12 almonds
- 1/4 cup pistachios = 24 pistachios

**SWEETS & TREATS:**

- 1 piece chocolate = dental floss package
- 1 brownie = dental floss package
- 1 slice of cake = deck of cards
- 1 cookie = about 2 poker chips

- 1 CUP**  
= baseball
- 1/2 CUP**  
= light bulb
- 3 OZ CHICKEN OR MEAT**  
= deck of cards
- 1/4 CUP OR 2 TBSP**  
= golf ball
- 1 OZ LUNCH MEAT**  
= compact disc
- 1 TBSP**  
= poker chip
- 3 OZ MUFFIN OR BISCUIT**  
= hockey puck
- 1 SLICE OF BREAD**  
= cassette tape
- 1 1/2 OZ CHEESE**  
= 3 dice