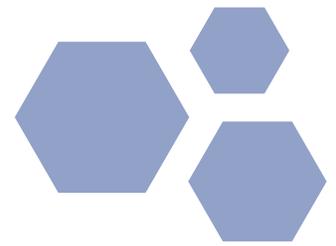




ESTIMATING PORTION SIZE



ESTIMATING PORTION SIZE			
Food Group	Key Message	What Counts?	Looks Like ...
Grains	Make half your grains whole.	1 oz equivalent = 1 slice of bread 1 cup of ready-to-eat cereal ½ cup cooked rice, pasta, or cooked cereal 5 whole-wheat crackers	CD cover A baseball ½ a baseball
Vegetables	Vary your veggies. Make half your plate fruits and vegetables.	1 cup = 1 cup of raw or cooked vegetable 2 cups of raw leafy salad greens 1 cup of vegetable juice	Baseball Softball
Fruits	Make half your plate fruits and vegetables.	1 cup = 1 cup raw fruit ½ cup dried fruit 1 cup 100% fruit juice	Tennis ball 2 golf balls
Milk	Switch to fat-free or low-fat (1%) milk.	1 cup = 1 cup of milk, yogurt, or soy milk 1.5 ounces of natural cheese or 2 ounces of processed cheese	Baseball 1½ 9-volt batteries
Protein Foods	Choose lean proteins.	1 ounce = 1 oz of meat, poultry, or fish ¼ cup cooked dry beans 1 egg 1 Tbsp peanut butter ½ oz nuts or seeds 2 Tbsp hummus	Deck of cards for lean meats (3 oz); checkbook = 3 oz fish ½ golf ball ½ of a Post-it note Golf ball
Oils	Choose liquid oils and avoid solid fats.	3 tsp = 1 Tbsp vegetable oils ½ medium avocado 1 oz peanuts, mixed nuts, cashews, almonds, or sunflower seeds	Tip of thumb

For more specific amounts, please visit www.ChooseMyPlate.gov.