

Portion Pointers: How Much and How Many?

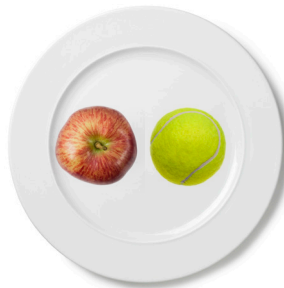
Eating nutritious foods is a great start to a healthy lifestyle. However, one of the most important ways you can improve your diet is one that can be very confusing: know how to watch your portion size. Caloric intake is one of the biggest factors in staying healthy. However, knowing if you are eating the right portion size is one of the more complex aspects of tracking your diet.



Here are some helpful tips for determining a serving in several food groups:

Fruits

- 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group.
- One-half cup of fresh fruit is the size of a tennis ball.



Protein

- 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce equivalent from the Protein Foods Group.
- Three ounces of meat is the size of a deck of cards.



Vegetables

- 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group.
- One-half cup of fresh veggies is the size of a baseball.



Grains

- 1 ounce equivalent from the Grain Group can be 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal.
- One cup of pasta is the size of a baseball.



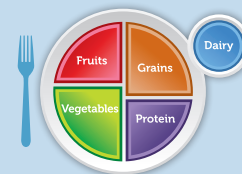
Dairy

- 1 cup of milk, yogurt, soymilk, 1½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group.
- A teaspoon of margarine is the size of one dice.



Frozen can help!

Frozen prepared entrées can help make it easy to create a deliciously balanced plate. Round out your entrée with your favorite sides, including vegetables, fruits, whole grains and fat-free or low-fat dairy.



USDA MyPlate suggests filling half your plate with fruit and vegetables. Visit ChooseMyPlate.Gov for more tools and tips.