## WebMDPortion Size Guide

When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all too easy to misjudge correct portion sizes. Here are some easy comparisons to help you figure out how many servings are on your plate.


## PORTION SIZE YOUR PLATE

## ½ PLATE VEGETABLES:

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

## ¼ 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.

## ¼ PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

## BASIC GUIDELINES



3 oz chicken or meat = deck of cards


## - GRAINS

1 cup of cereal flakes = baseball
1 pancake = compact disc
$1 / 2$ cup of cooked rice $=$ lightbulb
$1 / 2$ cup cooked pasta = lightbulb
1 slice of bread = cassette tape
1 bagel $=6 \mathrm{oz}$ can of tuna
3 cups popcorn $=3$ baseballs

## DAIRY \& CHEESE

$11 / 2$ oz cheese $=3$ stacked dice
1 cup yogurt = baseball
$1 / 2$ cup frozen yogurt = lightbulb
$1 / 2$ cup ice cream = lightbulb

