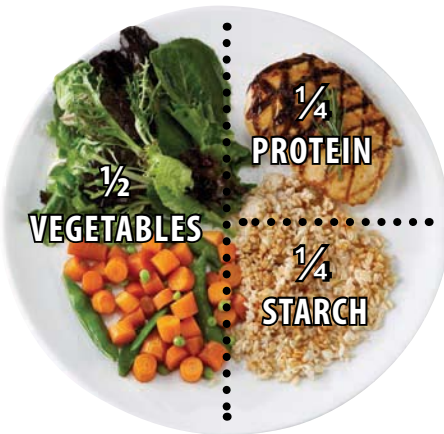


# WebMD<sup>®</sup> Portion Size Guide

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

### 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 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



1 cup = baseball



1/2 cup = lightbulb



1/4 cup or 2 tbsp = golf ball



1 tbsp = poker chip



1 slice of bread = cassette tape



3 oz chicken or meat = deck of cards



3 oz fish = checkbook



1 oz lunch meat = compact disc



3 oz muffin or biscuit = hockey puck



1 1/2 oz cheese = 3 dice



## 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 oz can of tuna
- 3 cups popcorn = 3 baseballs



## 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



## 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



## DAIRY & CHEESE

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



## 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



## 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

# WebMD<sup>®</sup> Portion-Size Guide (wallet size)

In the age of super-sizing, it's all too easy to misjudge portion sizes. WebMD has created some easy guidelines to help you figure out how many servings are on your plate -- and they're in a handy wallet size so you can keep them with you when you're dining out.

Cut out and fold on the dashed line. You may want to laminate or tape for lasting use.

*WebMD Portion Size Guide*

<p><b>BASIC GUIDELINES</b></p> <p>1 cup = baseball </p> <p>½ cup = lightbulb </p> <p>¼ cup or 2 tbsp = golf ball </p> <p>1 tbsp = poker chip </p> <p>3 oz chicken or meat = deck of cards </p> <p>3 oz fish = checkbook </p>	<p><b>GRAINS</b></p> <p>1 cup of cereal flakes = baseball </p> <p>1 pancake = compact disc </p> <p>½ cup cooked rice = lightbulb </p> <p>½ cup cooked pasta = lightbulb </p> <p>1 slice bread = cassette tape </p> <p>1 bagel = 6 oz can of tuna </p> <p>3 cups popcorn = 3 baseballs </p>	<p><b>DAIRY &amp; CHEESE</b></p> <p>1 ½ oz cheese = 3 stacked dice </p> <p>1 cup yogurt = baseball </p> <p>½ cup of frozen yogurt = lightbulb </p> <p>½ cup of ice cream = lightbulb </p> <p><b>FATS &amp; OILS</b></p> <p>1 tsp butter or spread = poker chip </p> <p>1 tsp salad dressing = poker chip </p> <p>1 tsp mayonnaise = poker chip </p> <p>1 tsp oil = poker chip </p>
<i>WebMD Portion Size Guide</i>		
<p><b>FRUITS &amp; VEGETABLES</b></p> <p>1 medium fruit = baseball </p> <p>½ cup grapes = about 16 grapes </p> <p>1 cup strawberries = about 12 berries </p> <p>1 cup of salad greens = baseball </p> <p>1 cup carrots = about 12 baby carrots </p> <p>1 cup cooked vegetables = baseball </p> <p>1 baked potato = computer mouse </p>	<p><b>MEATS, FISH &amp; NUTS</b></p> <p>3 oz lean meat = deck of cards </p> <p>3 oz fish = checkbook </p> <p>3 oz tofu = deck of cards </p> <p>2 tbsp peanut butter = golf ball </p> <p>2 tbsp hummus = golf ball </p> <p>¼ cup almonds = 12 almonds </p> <p>¼ cup pistachios = 24 pistachios </p>	<p><b>MIXED DISHES</b></p> <p>1 hamburger (without bun) = deck of cards </p> <p>1 cup fries = about 10 fries </p> <p>4 oz nachos = about 7 chips </p> <p>3 oz meatloaf = deck of cards </p> <p>1 cup chili = baseball </p> <p>1 sub sandwich = about 6 inches </p> <p>1 burrito = about 6 inches </p>

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Better information. Better health.