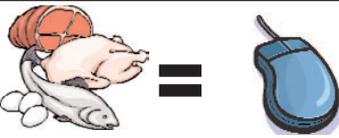
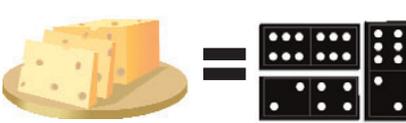
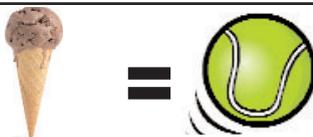
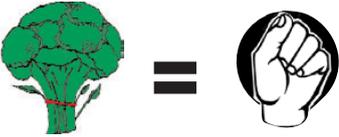
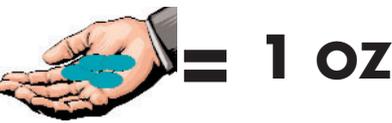




Serving sizes: Keeping your food portions in check

Size up your servings

Measure food portions to know exactly how much you're eating. You can estimate serving portions when a scale or measuring cup is used.

3 ounces of meat is about the size and thickness of a computer mouse, deck of cards, bar of soap or an audio cassette.	
A medium apple or peach is about the size of a tennis ball.	
1.5 ounces of cheese is about the size of three dominoes.	
One-half cup of ice cream is about the size of a raquetball or tennis ball.	
One cup of brocolli is about the size of your fist.	
One teaspoon of butter or peanut butter is about the size of the tip of your thumb.	
One ounce of nuts or small candies is equal to one handful.	

Most Important – Keep your diet nutritious, especially if you're cutting calories. 2-4 servings from the milk group for calcium; 2-3 servings from the meat group for iron; 3-5 servings from the vegetable group for Vitamin A; 2-4 servings from the fruit group for Vitamin C and 6-11 servings from the grain group.

If you are eating a variety of healthy foods and exercising, why are you still not losing weight? Your total calorie intake determines your weight and relates to the amount you eat at each serving. You can eat a variety of healthy foods and still overlook an important part of a healthy diet – serving sizes. Mix in regular physical activity, and you're well on your way to enjoying good nutrition and controlling the calories.

The size of your food portions affects how many nutrients and calories you're getting. And knowing how much food goes into a serving can help you gauge whether you're eating too much of certain foods or not enough of others.

Healthy Meal Planning – A healthy eating plan will help you select which foods to eat to allow for a proper balance of the various nutrients. Healthy eating plans are often portrayed in the shape of a pyramid, with the foods to be eaten most forming the base. Probably the most familiar plan is the food guide pyramid established by the U.S. Department of Agriculture.

The USDA Food Guide Pyramid includes the following recommended daily servings for each food group:

- 6-11 servings of bread, cereal,

rice and pasta

- 3-5 servings of vegetables
- 2-4 servings of fruit
- 2-3 servings of milk, yogurt or cheese

•2-3 servings of meat, poultry, fish, legumes, eggs and nuts

How big is a serving?

VEGETABLES

- Raw leafy vegetables – 1 cup (2 ounces/56 grams)
- Cooked/chopped raw vegetables – 1/2 cup (3 ounces/84 grams)
- 100-percent vegetable juice – 3/4 cup (6 fluid ounces/180 milliliters)

FRUITS

- Chopped, cooked or canned fruit – 1/2 cup (3 ounces/84 grams)
- 100-percent fruit juice – 3/4 cup (6 fluid ounces/180 milliliters)
- Orange, apple, banana or pear – 1 medium

GRAINS

- Cooked cereal, rice or pasta – 1/2 cup (3 ounces/84 grams)
- Ready-to-eat cereal – 1 ounce (28 grams)
- Whole-wheat sandwich bread – 1 slice

DAIRY PRODUCTS

- Low-fat or fat-free milk or yogurt – 1 cup (8 fluid ounces/240 milliliters)
- Natural cheese, such as cheddar – 1 1/2 ounce (42 grams)
 - Processed cheese, such as American – 2 ounces (56 grams)

MEAT

- Cooked skinless poultry, lean meat – 2 to 3 ounces (56 to 84 grams)

Each of the following may be substituted for 1 ounce (28 grams) of meat:

- Cooked legumes or dried beans – 1/2 cup (3 1/2 ounces/98 grams)
- Tofu – 1/2 cup (4 ounces/112 grams)
- Peanut butter – 2 tablespoons
- Egg – 1 large
- Nuts – 1/3 cup (1 ounce/28 grams)

Nuts and peanut butter are high in calories and fat, so eat these in moderation.

adapted from American Dairy Council Handout 2002

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