



Portion Sizes

Portion sizes are often misunderstood in our society of "supersizing" our meals. Here are some ways to understand portion sizes of different foods — some may surprise you!



Vegetables

- Fist (raw)
- Tennis ball (cooked)
(3-5 a day)



Fruits

- Baseball or tennis ball
(2-4 a day)



Carbohydrates

- Cell phone, Baseball or computer mouse



Protein

- Deck of cards (meat/poultry)
- Golf ball (peanut butter, nuts, shredded cheese)
- 2 dominoes (Cheese)
- Checkbook (fish) (2-3 a day)



Dairy

- milk, low-fat
(2-3 cups a day)



Sweets

- Glasses frames
(rarely)



Butter/Margarine

- Top half of thumb or dice
(rarely)

Always check with your medical physician before changing your nutritional intake.

Consultation with a nutritionist can also be very helpful.

Visit www.mypyramid.gov for more information about nutritional intake recommendations.

For more information regarding these handouts contact:

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