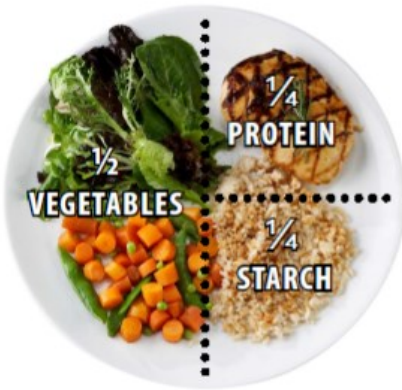


## PORTION CONTROL

In the current age of *super-sizing* and *portion inflation*, it is very easy to get carried away simply by eating everything that is put on our plates. It doesn't even matter how hungry we are, we generally eat more than we need to if it is put in front of us.

Use the diagram to the left to aid you in choosing healthier portions for all your meals.

- ⇒ **One-half of your plate should include a colorful assortment of different vegetables.**
- ⇒ **One-fourth of your plate should include low-fat proteins.**
- ⇒ **One-fourth of your plate should include whole-grain starches.**



### GRAINS

- 1 cup of cereal flakes = baseball
- 1 pancake = compact disc
- ½ cup of cooked rice = lightbulb
- ½ cup cooked pasta = lightbulb
- 1 slice of bread = cassette tape
- 1 bagel = 6 oz can of tuna
- 3 cups popcorn = 3 baseballs

### DAIRY & CHEESE

- 1½ oz cheese = 3 stacked dice
- 1 cup yogurt = baseball
- ½ cup frozen yogurt = lightbulb
- ½ cup ice cream = lightbulb

### FRUITS & VEGETABLES

- 1 medium fruit = baseball
- ½ 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

### 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

### 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
- ¼ cup almonds = 23 almonds
- ¼ cup pistachios = 24 pistachios

### 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