

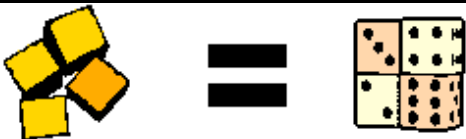
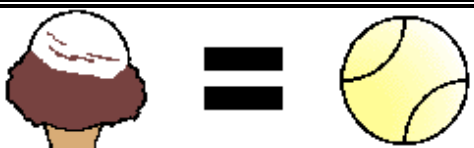

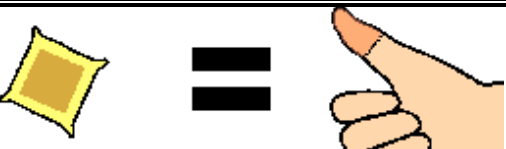
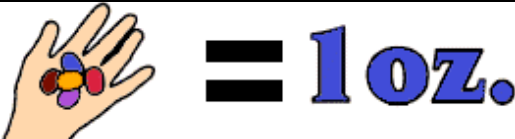


## SEVEN WAYS TO SIZE UP YOUR SERVINGS

Measure food portions so you know exactly how much food you're eating. When a food scale or measuring cups aren't handy, you can still estimate your portions.

### Remember:

1	3 ounces of meat is about the size and thickness of a deck of playing cards or an audiocassette tape.	
2	A medium apple or peach is about the size of a tennis ball.	
3	1 ounce of cheese is about the size of 4 stacked dice.	
4	1/2 cup of ice cream is about the size of a racquetball or tennis ball.	
5	1 cup of mashed potatoes or broccoli is about the size of your fist.	
6	1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.	
7	1 ounce of nuts or small candies equals one handful.	

### MOST IMPORTANT

If you're cutting calories, remember to keep your diet nutritious:

- 2-4 servings/day from the Milk Group for calcium
- 3-5 servings/day from the Vegetable Group for vitamin A
- 2-3 servings/day from the Meat Group for iron
- 2-4 servings/day from the Fruit Group for vitamin C
- 6-11 servings/day from the Grain Group for fiber

Courtesy of the National Dairy Council.

Other Portion Control Resources: *Prescription Solutions*:

[https://www.prescriptionsolutions.com/vgnlive/HCP/Assets/PDF/PlatePlannerEnglish\\_LetterSize\\_UPDATED.pdf](https://www.prescriptionsolutions.com/vgnlive/HCP/Assets/PDF/PlatePlannerEnglish_LetterSize_UPDATED.pdf)

National Heart Lung and Blood Institute website: [www.nhlbi.nih.gov/](http://www.nhlbi.nih.gov/)