

***Family Health Centers Nutrition Program***  
***PORTION CONTROL***

In today's society where so much is super-sized, it's hard to know what a healthy portion is. The plates are larger, the servings are larger and, as a result, we are larger. The list below will give you a better understanding of healthy servings sizes.

You may have more than one serving of a food group at a meal, for example, a sandwich would provide 2 slices /servings of bread with 2 ½ - 3 ounces/servings of meat.

3 ounces of meat is about the size of a deck of cards. It's a good idea to weigh and measure your food for a week or two, so you have a better idea of appropriate portions.

A lunch or dinner plate should be 1/2 vegetable, 1/4 low fat protein and 1/4 high fiber starch.

STARCHES      VEGETABLES

1 oz or 1 slice of bread 1/2 cup of chopped raw or cooked

1 oz or 1 cup of ready to eat cereal vegetables or vegetable juice

1/2 cup of cooked cereal, rice or pasta 1 cup of raw leafy greens

1/2 cup of vegetable juice

FRUITS

DAIRY

1/2 cup of canned fruit or juice 1 cup of milk or yogurt

1/4 cup of dried fruit 1 1/2 ounces of cheese

12-15 grapes

1 small banana or 1/2 of a large banana

1 small or medium apple, peach, orange

1 cup of berries

1 slice or 1 cup of cubed melon

MEATS and BEANS

FATS and OILS

1 oz of lean red meat, poultry or fish 1 teaspoon of oil, margarine, salad

1 egg dressing or mayonnaise

1/4 cup of cooked dried beans 1 tablespoon of reduced-fat dressings

1 tablespoon of peanut butter 1/8 avocado

1/2 ounce nuts or seeds 8 large black olives

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