

A Handy Guide to Picture Your Portions

Your 9-inch plate should have:






$\frac{1}{2}$ covered with vegetables

$\frac{1}{4}$ covered by 3 ounces of protein or meat

$\frac{1}{4}$ covered with grains or starchy foods



Use your hands as a guide for food portions.

Size					
	1 fist = 1 cup	1 thumb = 1 ounce or 1 tablespoon	1 handful = 1 ounce of snack food	1 palm = 3 ounces	1 thumb tip = 1 teaspoon
Try	1 serving of fruit or vegetables	One tablespoon of peanut butter	A handful of nuts	A cooked serving of meat	A serving of butter

Make sure to eat from all food groups every day for a balanced diet.

Here are some portion examples for adults:

Vegetables	Meats and Beans	Fruits	Milk	Grains
2 ½ cups every day	5 ½ ounces every day	2 cups every day	3 cups every day	6 ounces every day
<ul style="list-style-type: none"> • Dark leafy greens like spinach • Carrots and sweet potatoes • Dry beans and peas like pinto beans, kidney beans and lentils 	<ul style="list-style-type: none"> • Choose fish, beans, peas, nuts, tofu or turkey • Bake, steam, broil or grill • Eat low-fat or lean meats and poultry 	<ul style="list-style-type: none"> • Fresh, frozen, canned or dried fruit • Apples, bananas, pears and grapes 	<ul style="list-style-type: none"> • Choose low fat or non-fat milk, yogurt, or other milk products 	<ul style="list-style-type: none"> • Choose whole grain cereals, breads, crackers, rice or pasta

*** Drain any liquid before eating canned fruits or vegetables***