

Portion Guide



With the rising trend of bigger portion sizes, misjudging correct portion sizes is all too easy. This guide provides simple comparisons to help you gauge how much you are eating and the number of servings on your plate. The United States Department of Agriculture (USDA) has adopted a new plate based model of providing nutrition recommendations in place of the food pyramid. Visit www.ChooseMyPlate.gov for more information about the new model by the USDA.

Plating Your Portions

½ plate of fruits and vegetables

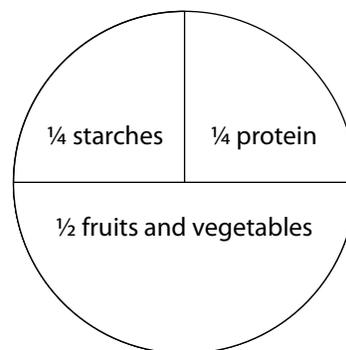
Half your plate should be filled with a variety of vegetables.

¼ plate of protein

Only a fourth of the plate should be allotted for lean protein choices.

¼ plate of starches

Starches should take up the remaining fourth of the plate. This includes whole grains, yams and potatoes.



Basic Portion Guidelines

Baseball	1 cup Medium fruit, bowl of cereal, cooked vegetables, bowl of salad.
Golf Ball	1 oz or 2 Tbsp Peanut butter, hummus.
Hockey Puck	3 oz Muffin, biscuit, bagel.
Compact Disc	1 oz Lunch meat, pancake
4 Stacked Dice	1 oz Cubed cheese

Light Bulb	½ cup Rice or pasta, fresh fruit (cut), frozen yogurt, ice cream
Poker Chips	1 Tbsp Oil, salad dressing
Deck of Cards	3 oz Chicken or meat, slice of cake
Checkbook	3 oz Fish (grilled or baked)
Cassette Tape	1 slice Bread

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