LivingPlateRx

Portion Size Guide

Sometimes it can be challenging to estimate proper portion size of the foods we consume. Use this handout for practical comparisons using everyday items as a reference. Remember these recommendations are a starting point, and not hard and fast rules for how much should be consumed at a meal.

Tips for Building a Balanced Plate

- **1/2 plate:** **colorful fruits & vegetables**. These contain important nutrients and disease- fighting compounds.
- **1/4 plate:** **quality source of protein** (like fish, eggs, tofu, or pulses) to keep you feeling satisfied for hours.
- **1/4 plate:** **whole grain, seeds, and nuts** for more fiber, iron and B vitamins.

Serving Size vs. Portion Size

Serving size is a standardized amount. In the case of a Nutrition Facts label, it represents the amount of a particular food that people typically consume. It can also be a recommendation.
Portion size is the amount of a food you *choose* to eat, which may be more or less than a serving.

No measuring cups? No problem!

Meats, Fish & Poultry
3 oz = palm of your hand
1/4 c nuts = handful

Grains
bagel or biscuit = hockey puck

Cheese
1 oz = pair of dice

Chocolate Square
1 oz = postage stamp

Nut & Seed Butters
1 tablespoon = tip of thumb

Fruits & Vegetables
apple or orange = baseball

FRUITS & VEGETABLES

- 1 medium fruit = baseball
- 1 cup strawberries = about 12
- 1 cup of greens = baseball
- 1 cup carrots = 12 baby carrots
- 1 cup cooked vegetables = baseball

PROTEINS

- 3 oz tofu = deck of cards
- 3 oz meat/fish = palm of hand
- 1/2 cup beans = clenched fist
- 2 tbsp peanut butter = golf ball
- 2 tbsp hummus = golf ball

WHOLE GRAINS AND NUTS

- 1 slice of whole grain bread
- 1/2 cup cooked rice or pasta
- 1 small tortilla = DVD size
- 1 oz shelled pistachios = 49
- 1 oz pepitas = 85
- 1 oz walnuts = 7 whole
- 1 oz almonds = 23 whole