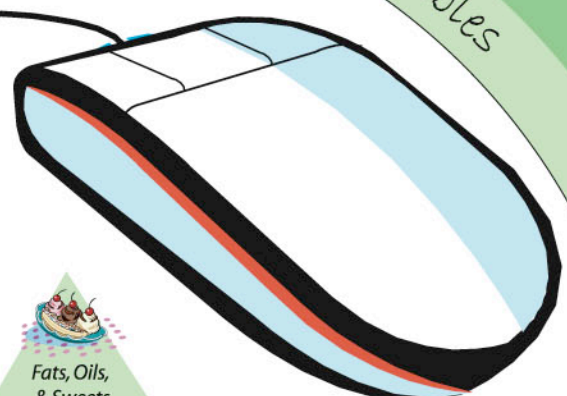
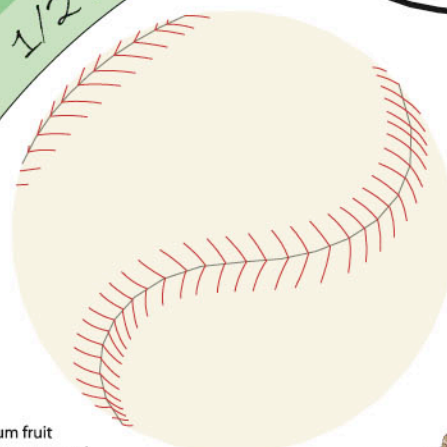
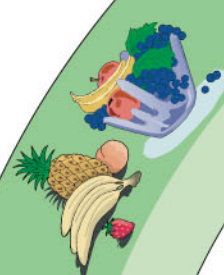


The Portion Plate™

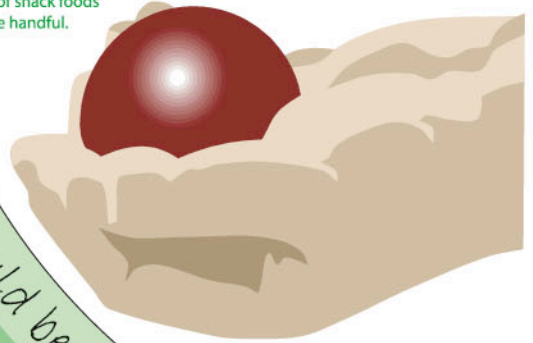
1/2 of your plate should be fruits and vegetables



A serving is
 1 piece of medium fruit
 (apple, banana, orange, pear)
 1/2 cup chopped/cooked/canned fruit or 3/4 cup of fruit juice.
 1 cup is the size of a baseball, 1/2 cup is a baseball cut in half.

A serving is 1 cup of raw leafy vegetables,
 1/2 cup chopped/cooked/raw vegetables,
 3/4 cup of vegetable juice or 1 medium potato
 (which should be the size of a computer mouse).

A serving is 1 slice of bread,
 1/2 a hamburger roll or bagel,
 1 English muffin or pita,
 1/2 cup of cooked rice or pasta
 and 1 cup of ready-to-eat cereal.
 1 ounce of snack foods
 is a large handful.



A serving is 2-3 ounces of cooked lean meat, poultry or fish.
 1 ounce of lean meat equals 1/2 cup of
 cooked dry beans, 1/2 cup of tofu,
 2 tablespoons of peanut butter, 1 egg
 or 1/3 cup of nuts. A serving of meat
 should be the size of a deck of cards.



1/4 should be whole grains

1/4 or less should be lean meat or protein



Take a good look at your plate!