SIZE UP YOUR SERVINGS

NOT QUITE SURE HOW MUCH YOU’RE EATING?
Estimate your healthy serving portions without using a scale or measuring cup! (size not to scale)

- 3 ounces of meat is about the size of a deck of cards
- A medium apple is about the size of a tennis ball
- 1 serving of cheese is about the size of 6 dice
- 1 serving of butter is about the size of a postage stamp
- ½ cup of ice cream is about the size of a tennis ball
- 1 cup of broccoli is about the size of a baseball
- 2 tbsp of peanut butter is about the size of a ping pong ball
- ½ cup of pasta is about the size of a tennis ball

Daily Recommended Food Plan*

| 3 cups of dairy | 5 ½ ounces of protein | 1 ½ cups of vegetables | 2 cups of fruit | 6 ounces of grains and make ½ whole grains |

*based on 2000 calorie diet

References

Most Important
Remember to keep your diet nutritious, especially if you’re cutting calories.