



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



1/2 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



1/2 cup of pasta

is about the size of a tennis ball



Daily Recommended Food Plan*



3 cups of dairy



5 1/2 ounces of protein



1 1/2 cups of vegetables



2 cups of fruit



6 ounces of grains and make 1/2 whole grains

*based on 2000 calorie diet

References

Daily Food Plans & Worksheets. USDA ChooseMyPlate.gov. http://www.choosemyplate.gov/food-groups/downloads/results/MyDailyFoodPlan_2000_18plusyr.pdf. Accessed 17 November 2014.

Dugdale, David C. Portion Size. Medline Plus. <http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000337.htm>. Published November 2012. Updated November 2014. Accessed 17 November 2014.

Mullen, Mary and Shield, Jo Ellen. Portion Distortion. Kids Eat Right. <http://www.eatright.org/kids/article.aspx?id=6442468830>. Accessed 17 November 2014.

Most Important

Remember to keep your diet nutritious, especially if you're cutting calories.

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