



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**



**2 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

Your MyPlate Plan: 2000 Calories; 14+. USDA MyPlate.gov. <https://www.myplate.gov/myplate-plan/results/2000-calories-ages-14-plus>. Accessed 31 August 2021.

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.

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

