



hen house

your market

Portion Control- Managing the amount you eat

A serving is not what you happen to put on your plate! The following are common food serving sizes-

A serving of....

Fresh fruit or veggie
Canned fruit or cooked veggie
Fruit Juice
Dried Fruit
Starchy veg or dried beans
Bread
Bagel
Dry cereal
Cooked cereal
Rice or pasta
Dairy products
Cheese
Lean meats, chicken, fish
Oil, margarine, butter
Peanut Butter
Popcorn (no fat added)

Equals...

1 cup
 $\frac{1}{2}$ cup
 $\frac{1}{2}$ cup
 $\frac{1}{4}$ cup
 $\frac{1}{2}$ cup
1 slice
 $\frac{1}{2}$ whole bagel
 $\frac{3}{4}$ cup
 $\frac{1}{2}$ cup
 $\frac{1}{3}$ cup
1 cup
1 oz
3 oz
1 tsp
2 tbs
3 cups



Serving sizes equivalent to common objects:

1 cup- or the size of your fist or baseball
 $\frac{1}{2}$ cup-or a half of your fist or baseball
1 oz- or size of a matchbook
3 oz- or a deck of cards or palm of your hand
1 tsp- or a size of 2 stacked quarters or the tip of your index finger
1 tbs- or the tip of your thumb
2 tbs- or a ping pong ball

How many calories does a serving contain?

Starch items contain about 80 calories per serving
Fruits contain about 60 calories per serving
Vegetables contain about 25 calories per serving
Skim milk products contain about 90 calories per serving
Lean meats contain about 55 calories for 1 oz servings
Fats contain about 45 calories per serving

How much do I need in a day? Here are rough estimates to meet calorie needs-

1600 calorie diet needs: 8 starches, 3 fruit, 2 NF dairy, 4 veggie, 6 (1oz) lean meats, 3 fat
2000 calorie diet needs: 9 starches, 4 fruit, 3 NF dairy, 6 veggie, 7 (1 oz) lean meats, 4 fats

Sources-

American Diabetes Assoc, Portion Distortion