

# Easy Portion Sizing

When building a healthy meal, the amount of food you place on your plate - and eventually eat - is vital. Use this handout to learn some quick and easy ways to determine just how much food is considered a serving.

## Serving Size

A standardized amount of food; it usually represents quantities that people typically consume.

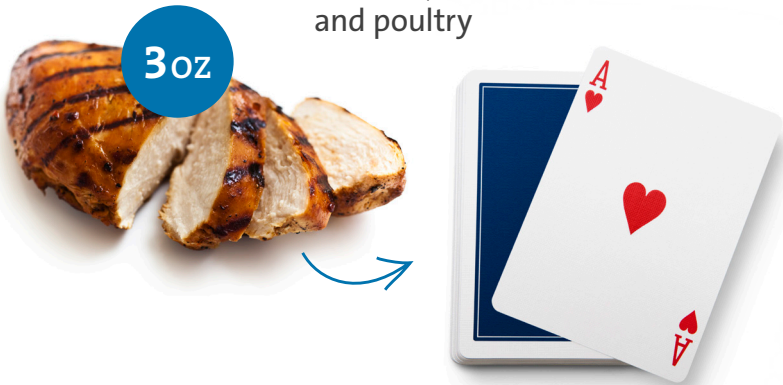
vs

## Portion Size

The amount of food you choose to eat, which may be more or less than a serving.

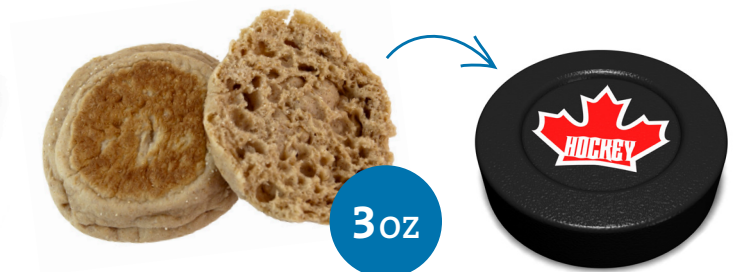
### Protein

Like meat, fish and poultry

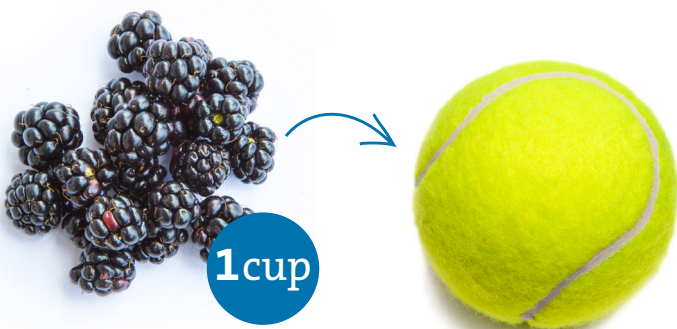


### Whole-Grain

Like bread, rolls and muffins

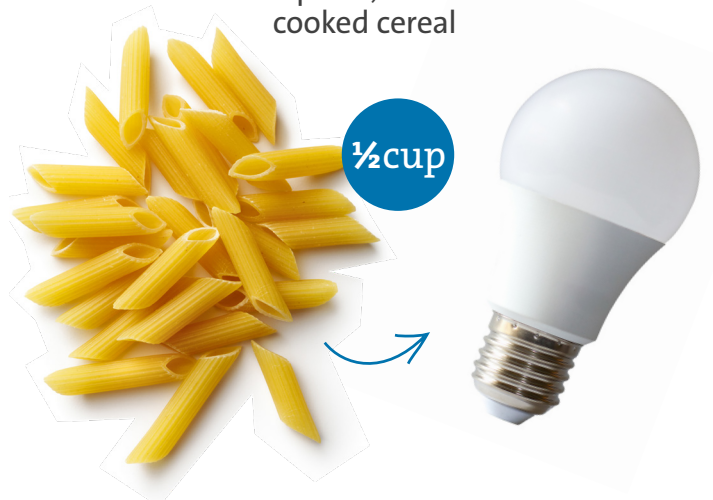


### Fruit



### Grains

Like pasta, rice and cooked cereal



## Dairy

Like milk and yogurt

1 cup



## Cheese

1½ oz



## Vegetables

COOKED  
1 cup



UNCOOKED  
2 cups



*Important note:* Gender, age, body frame and fitness levels all play a role into the appropriate number of servings of each dependent on the amount of calories consumed daily. Be sure to talk to your doctor or dietitian to learn the proper amounts for you and your goals.