

# See what makes a healthy portion

A portion is how much you choose to eat at one time. It could be the single serving amount from the package – or it could be more.

Here are some guidelines to help you measure your portions in any setting:



## 6 WAYS

to create right-sized portions\*



### 1. Raw or cooked veggies, whole fruit or 100% fruit juice

A baseball or an average-sized fist — **about 1 cup**



### 2. Grains, such as pasta, rice and oatmeal (1-ounce equivalent)

A tennis ball or small, scooped handful — **about ½ cup**



### 3. Fish, chicken, beef and other meats

A deck of cards or the palm of your hand — **about 3 ounces**



### 4. Peanut butter or other nut spreads

The size of your thumb — **about 1 tablespoon**



### 5. Oils, like salad dressing, and other fats

A postage stamp or the tip of the pointer finger — **about 1 teaspoon**



#### DID YOU KNOW?

Restaurant portions have grown over the years.

Try splitting your order with someone to keep amounts in check when eating out.

\*Academy of Nutrition and Dietetics. Ellis E., Serving Size vs. Portion Size: Is There A Difference? Available at: <https://www.eatright.org/health/wellness/nutrition-panels-and-food-labels/serving-size-vs-portion-size-is-there-a-difference>. Accessed November 9, 2022.

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