
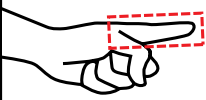

















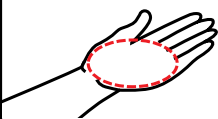

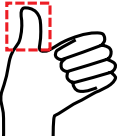

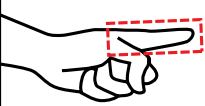

















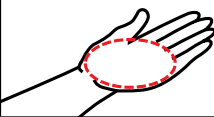

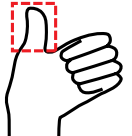


Serving-Size Chart

| FOOD | SYMBOL | COMPARISON | SERVING SIZE |
|---|---|---|-----------------------------|
| Dairy: Milk, Yogurt, Cheese | | | |
| Cheese (string cheese) |  |  | Pointer finger 1½ ounces |
| Milk and yogurt (glass of milk) |  |  | One fist 1 cup |
| Vegetables | | | |
| Cooked carrots |  |  | One fist 1 cup |
| Salad (bowl of salad) |  |  | Two fists 2 cups |
| Fruits | | | |
| Apple |  |  | One fist 1 medium |
| Canned peaches |  |  | One fist 1 cup |
| Grains: Breads, Cereals, Pasta | | | |
| Dry cereal (bowl of cereal) |  |  | One fist 1 cup |
| Noodles, rice, oatmeal (bowl of noodles) |  |  | Handful ½ cup |
| Slice of whole-wheat bread |  |  | Flat hand 1 slice |
| Protein: Meat, Beans, Nuts | | | |
| Chicken, beef, fish, pork (chicken breast) |  |  | Palm 3 ounces |
| Peanut butter (spoon of peanut butter) |  |  | Thumb 1 tablespoon |

Gráfica de Comparación de Porciones

| ALIMENTO | SÍMBOLO | COMPARACIÓN | PORCIÓN |
|--|---|---|------------------------------|
| Lácteos: Leche, Yogur, Queso | | | |
| Queso (queso para deshebrar) |  |  | Dedo índice 1½ onzas |
| Leche y yogur (vaso de leche) |  |  | Un puño 1 taza |
| Verduras | | | |
| Zanahorias cocidas |  |  | Un puño 1 taza |
| Ensalada (tazón de ensalada) |  |  | Dos puños 2 tazas |
| Frutas | | | |
| Manzana |  |  | Un puño 1 mediana |
| Duraznos enlatados |  |  | Un puño 1 taza |
| Granos: Panes, Cereales, Pasta | | | |
| Cereal seco (tazón de cereal) |  |  | Un puño 1 taza |
| Fideos, arroz, avena (tazón de tallarines) |  |  | Puñado ½ taza |
| Rebanada de pan integral |  |  | Mano extendida 1 rebanada |
| Proteína: Carne, Frijoles, Nueces | | | |
| Pollo, carne, pescado, puerco (pechuga de pollo) |  |  | Palma 3 onzas |
| Crema de cacahuete (cucharada de crema de cacahuete) |  |  | Pulgar 1 cucharada |

Serving Sizes

Enjoy your food, but eat less.







Before you eat, think about what goes on your plate or in your cup or bowl. Use these familiar objects to judge a single serving size and remember:

- Use a 9" plate
- Fill $\frac{1}{2}$ your plate with non-starchy vegetables and fruit
- Fill $\frac{1}{4}$ of your plate with lean protein (a 2- to 3-ounce cooked portion)
- Fill $\frac{1}{4}$ of your plate with whole grains or starchy vegetables.



Non-Starchy Vegetables & Fruits




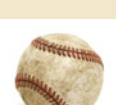






| | | |
|---|-----------------------|---|
| 1 cup of raw vegetables | 1 baseball |  |
| $\frac{1}{2}$ cup vegetables | 1 computer mouse |  |
| 1 medium piece of fruit OR 1 cup of berries | 1 tennis ball |  |
| $\frac{3}{4}$ cup of juice | 1 small Styrofoam cup |  |
| $\frac{1}{2}$ cup chopped or canned fruit | 1 computer mouse |  |
| $\frac{1}{4}$ cup raisins | 1 large egg |  |



Grains & Starchy Vegetables



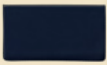





| | | |
|--|-------------------|---|
| 1 ounce bread or 1 slice of bread | 1 CD case |  |
| 1 small (4- to 4 ½-inch) pancake | 1 CD |  |
| ½ cup cooked pasta OR 1 small baked potato | 1 computer mouse |  |
| 1 cup dry cereal | 1 baseball |  |
| 1 small bagel | 1 hockey puck |  |
| 10 French fries | 1 deck of cards |  |
| ½ cup cooked rice | 1 cupcake wrapper |  |
| 1 piece of cornbread | 1 bar of soap |  |






Lean Protein (includes seafood, beans, peas, nuts, lean meats, poultry, and eggs)



| | | |
|---|------------------|---|
| 1 ounce meat, poultry | 1 matchbook |  |
| 2-3 ounces of meat, fish, or poultry | 1 deck of cards |  |
| 3 ounces of fish fillet | 1 checkbook |  |
| ½ cup of cooked beans | 1 computer mouse |  |
| 2 tablespoons of peanut butter OR 2 tablespoons of hummus | 1 Ping-Pong ball |  |
| ¼ cup of nuts | 1 golf ball |  |

Milk & Milk Products



| | | |
|---------------------------------|-------------------------|---|
| 1 cup of low-fat yogurt or milk | 1 baseball |  |
| 1 ounce of cheese | 2 pair of dice (4 dice) |  |
| 1-ounce slice of cheese | 1 CD case |  |

Fats & Condiments



- One serving of fat, oil, or sugar is 1 teaspoon.
- One serving of salad dressing is 1 tablespoon.
- One serving of mustard, ketchup, or mayonnaise is 1 tablespoon.
- One serving of peanut butter is 2 tablespoons.

One teaspoon is about the size of a penny.



One tablespoon is about the size of one quarter.



Two tablespoons is about the size of 2 quarters.



For more information on building your healthy plate with appropriate portion sizes, see the “Healthy Plate” MOVE!® Handout.

List of phone applications or computer programs that can track nutrition:

| App | Description |
|--------------|---|
| Fooducate | Scan barcodes of food/drinks at the grocery store and see how healthy they really are. If it is not healthy, a healthy alternative suggestion will be given. This app is not focused on calories eaten, but more making healthy choices. |
| Bitesnap | Take a picture of your food to log it in your photo food journal. The app recognizes foods in the image and automatically calculates calories and nutrients for the meal. This app allows you to log your food faster by skipping the text search step. |
| Kurbo Health | Make smarter eating decisions and develop healthy habits, though this mobile health coaching app designed for kids, teens and families. The traffic light system makes tracking food fun and easy. |
| MyFitnessPal | Track what you eat with just a few clicks using the searchable food databases with over 300,000,000 items. Don't find your food in the database? You can add your own foods and recipes to get nutrient details. |
| Lose It! | Track your calories by searching for foods in the database. Enter you profile details and the app with calculate the recommended calories for the day based on your goals. |

Helpful Links and Ideas on How to Track Your Food



[10 Rules For Reading a Food Label](#)



[New U.S. FDA Food Labeling Rules](#)