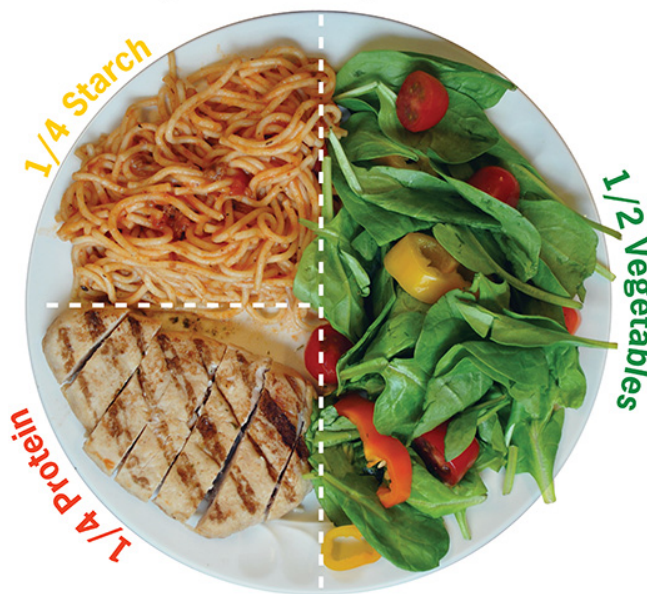


# Portions Guide

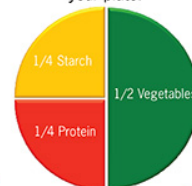
Understanding portion sizes is the first step in healthy eating. Use this guide along with the meal planning tips to assist you in making educated choices regarding your food choices.

- Consider having 3 smaller meals with snacks in-between
- Try to make at least 1/2 of your carbohydrate selections whole grain
- Plan on having carbohydrate containing foods with some protein or fat
- Choose healthy snacks such as fruit and yogurt or fruit and nuts
- Include at least 2 servings of vegetables at lunch and dinner
- Make sure to drink plenty of fluids—at least 64 oz per day, which is equivalent to eight-8oz cups

## My Healthy Plate



Plan the portions on your plate.



Optional  
Fruit or  
Dairy

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# Quick Portion Guide

## STARCH LIST

(15 g carbohydrates)

### Breads

Bagel	¼
Low-carb bread	2 slices
White, wheat bread	1 slice
English muffin	½
Hamburger bun	½
Pita, 6"	½
Plain roll, small	1 (1oz)
Corn tortilla, 6" across	1

### Cereals

Bran cereal	½ cup
Cooked cereal	½ cup
Unsweetened cereal	¾ cup
Low-fat granola	½ cup
Grits, plain	½ cup
Muesli	¼ cup
Pasta	1/3 cup
Rice, white or brown	1/3 cup

### Crackers and Snacks

Animal crackers	8
Melba toast	4
Popcorn, low-fat	3 cups
Saltine crackers	6

### Starchy Vegetables

Corn	½ cup
Peas	½ cup
Plantains	½ cup
Potato with skin	3oz
Mashed potato	½ cup
Butternut squash	1 cup
Pumpkin	1 cup
Sweet potato	½ cup

### Beans, Peas, Lentils

Beans, all kinds	½ cup
Lima beans	2/3 cup
Lentils	½ cup
Hummus	1/3 cup

## FRUIT LIST

(15 g carbohydrates)

Apple, small	1
Banana, small	4oz
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe	1 cup
Cherries	12
Grapefruit, large	½
Grapes, small	17
Orange, small	1
Pineapple	¾ cup
Raisins	2 Tbsp
Raspberries	1 cup
Strawberries, whole	1 ¼ cup
Watermelon	1 ¼ cup

## NON-STARCHY VEGETABLE LIST

(5 g carbohydrate)

½ cup cooked or 1 cup raw
Asparagus
Green beans
Bean sprouts
Beets
Broccoli
Cabbage
Cauliflower
Celery
Mushrooms
Peppers, all varieties
Spinach
Tomato
Zucchini

## MILK LIST

(12 g carbohydrates)

Fat-free milk (skim)	1 cup
Low-fat milk (1%)	1 cup
Evaporated, fat-free	½ cup
Soy milk	1 cup
Unsweetened yogurt	6 oz
Plain yogurt	6 oz

## MEAT AND MEAT SUBSTITUTES LIST

(provides 0 g carbohydrates)

Eggs, whole	1
Egg whites	2
Egg substitute	¼ cup
Low-fat cottage cheese	¼ cup
Low-fat cheese	1 oz
Chicken, turkey	1 oz
Beef, various cuts	1 oz
Pork	1 oz
Shellfish	1 oz
Fish, all types	1 oz

## FAT LIST

(provides 0 g carbohydrate)

Avocado	2 Tbsp
Oil (canola, olive)	1 tsp
Almonds, cashews	6
Peanuts	10
Peanut butter	½ Tbsp
Margarine	1 tsp
Low-fat margarine	1 Tbsp
Butter	1 tsp