




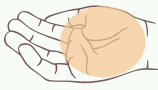

A Handy Guide to Picture Your Portions



Your 9-inch plate should be covered with:



Use your hand as a guide for food portions:

Size					
	1 fist = 1 cup	1 thumb = 1 ounce or 1 tablespoon	1 handful = 1 ounce	1 palm = 3 ounces	1 thumb tip = 1 teaspoon
Try	1 serving of fruit or vegetables	1 tablespoon of peanut butter	1 handful of nuts	1 cooked serving of meat	1 teaspoon of vegetable oil

A Handy Guide to Picture Your Portions

Eat from all the food groups daily to have a balanced diet.

Below is a sample daily intake of each food group for adults.

Non-Starchy Vegetables	Proteins	Fruits	Dairy or Dairy Alternative	Grains or Starchy Foods
2 ½ cups daily	5 ½ ounces daily	2-3 cups daily	3 cups daily	6 ounces daily
<p>Choose more dark, leafy greens like spinach.</p> <hr/> <p>Try fresh or frozen vegetables without added salt.</p> <hr/> <p>Add colorful vegetables for more nutrients.</p>	<p>Eat low-fat or lean red meats, poultry (without the skin), seafood or eggs.</p> <hr/> <p>Try plant-based proteins like beans, peas, lentils, nuts, seeds or tofu (soy).</p> <p><i>Plant base proteins fall into both protein and starchy food.</i></p>	<p>Choose fresh fruit whenever possible.</p> <hr/> <p>Drain and rinse any liquid before eating canned fruits.</p> <hr/> <p>Add a variety of colors and types of fruits.</p>	<p>Choose low fat, non-fat, and unsweetened option.</p> <hr/> <p>Try milk, yogurt, cheese or plant-based versions made from soy or nuts.</p> <hr/> <p>Look for calcium-fortified dairy alternatives.</p>	<p>Make at least half your grains whole grains such as brown rice, quinoa, oats and legumes (beans and lentils).</p> <hr/> <p>Try starchy vegetables like green peas, sweet potato and carrots.</p>



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