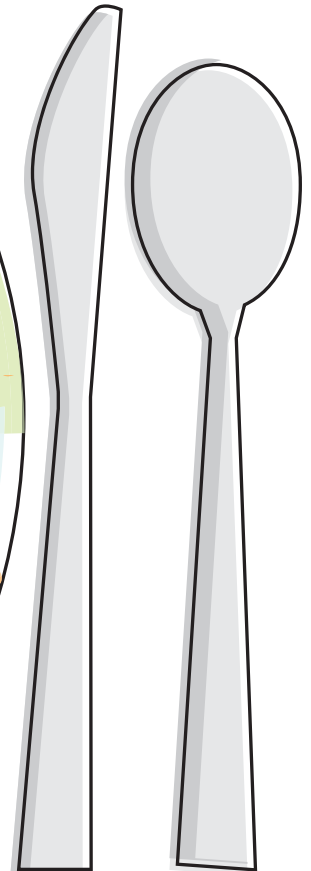
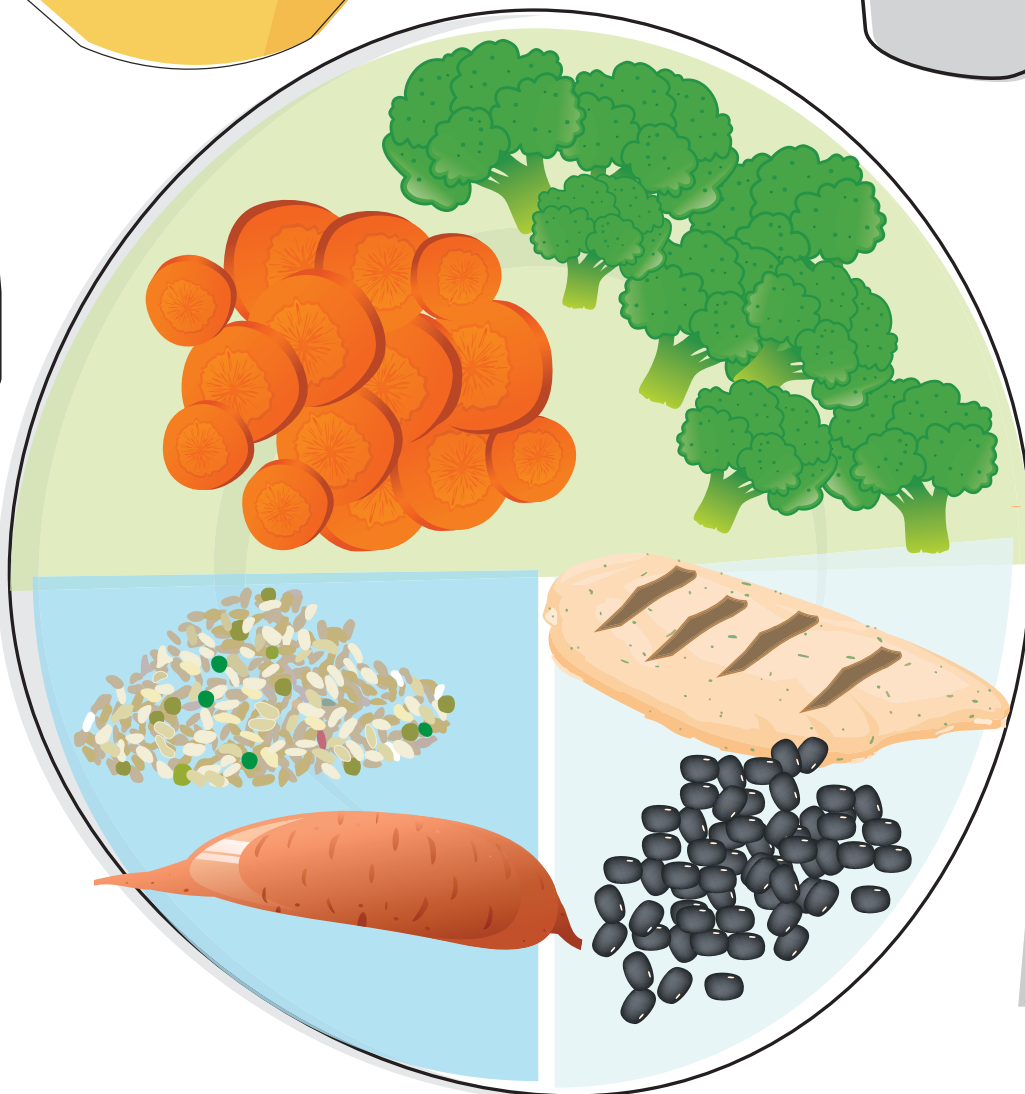


# portion plate

1/2 of your plate should be **vegetables**

1/4 of your plate should be **starch**

1/4 of your plate should be **lean meats or protein**



## What Does A Serving Size Look Like?

**fruit =**

1 fruit serving = tennis ball



**cheese =**

1.5 oz. cheese = 4 dice



**cereal =**

1 cup cereal = a fist



**ice cream =**

1/2 cup ice cream = 1 scoop



**meat =**

3 oz. meat = deck of cards or computer mouse



**peanut butter =**

2 Tbsp. peanut butter = a ping pong ball



**bread =**

1 oz. bread = CD case



**fish =**

3 oz. fish = a checkbook



**rice, pasta, potatoes =**

1 cup of rice, pasta or potatoes = baseball

