Nutrition notes from
WakeMed Children’s Diabetes & Endocrinology

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 =  tennis ball
1 fruit serving = tennis ball

cheese =  4 stacked dice
1.5 oz. cheese = 4 stacked dice

ice cream =  1 scoop
1/2 cup ice cream = 1 scoop

meat =  deck of cards or computer mouse
3 oz. meat = deck of cards or computer mouse

peanut butter =  ping pong ball
2 Tbsp. peanut butter = a ping pong ball

bread =  CD case
1 oz. bread = CD case

fish =  a checkbook
3 oz. fish = a checkbook

rice, pasta, potatoes =  baseball
1 cup of rice, pasta or potatoes = baseball