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