

Perfect Portions

Consider the guidelines below to determine the perfect portion for your meals!



1 die



1 checkbook



1 deck of cards



1 tsp. of butter



3 oz. grilled/
baked fish



3 oz. chicken,
steak, or pork



1 computer
mouse



1 baked
potato



4 dice



1.5 oz. of
cheese



1 small handful



1 hockey
puck



1 tennis ball



1 oz. nuts



1/2 of a medium
bagel



1 cup cooked
pasta or rice



1 ping
pong
ball



2 Tbsp.
peanut
butter



1 baseball



1 cup raw
leafy
vegetables

Perfect Portions

See below for some standard beverage portions.



1 serving coffee = 6 oz.

1 serving of wine
= 5 oz.

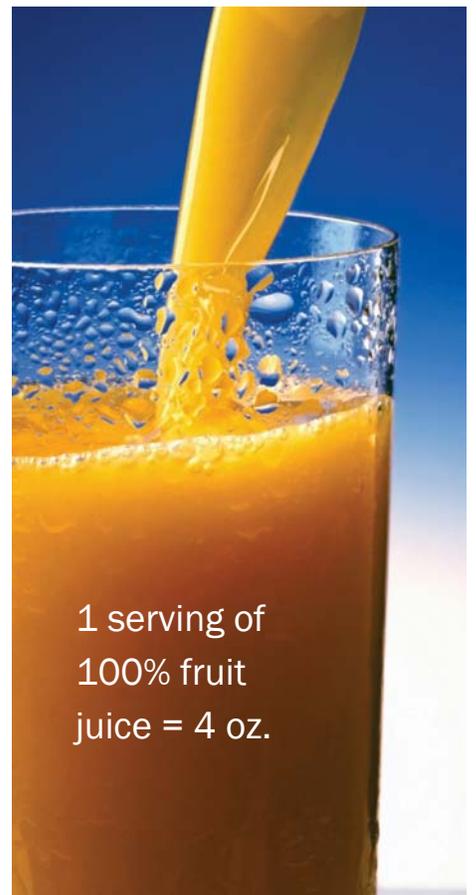


1 soda can = 12 oz.



The average
plastic recyclable
water bottle is
about 17 oz.

1 serving of
distilled
spirits =
1.5 oz.



1 serving of
100% fruit
juice = 4 oz.



Nutrition Norms

Consider these healthy recommendations and guidelines.

The American Heart Association recommends no more than 2,300 mg of sodium per day and the ideal limit of no more than 1,500 mg per day for most adults.

It is recommended adults should consume 2.5 cups of vegetables per day. There are 5 subgroups of vegetables: dark green, red and orange, legumes (beans and peas), starchy, and other.

The 2015 Dietary Guidelines for Americans specifically limits sugar, saturated fats, and sodium as a means to help people achieve healthy eating patterns.

When consuming alcohol, moderation is key! Up to 1 drink per day for women and up to 2 drinks per day for men is recommended.

A Healthy Eating Pattern is defined by the 2015 Dietary Guidelines as a diet which includes a variety of colorful vegetables, whole fruits, whole grains, fat-free or low fat dairy, variety of protein foods, and oils.

Healthy Eating Patterns are associated with positive health outcomes including reduced risk for cardiovascular disease (CVD), type 2 diabetes, certain cancers, overweight, and obesity.

Protein foods are essential to provide you with nutrients like B Vitamins (B12, B6, Niacin, and Riboflavin) along with phosphorus, copper, iron, and zinc. Protein comes from both animal sources (dairy, eggs & meat) and plant sources (legumes, nuts & seeds).

Fat is good! Oils and other fat sources provide essential fatty acids and vitamin E, key nutrients for cell development and healthy organs. Nuts, seeds, olives, and avocados contain healthy oils.