

# PORTION SIZE GUIDE

EACH OF THE ITEMS LISTED ARE FOR ONE SERVING

MALE

FEMALE

PROTEIN	
2 eggs 5oz chicken, fish, lean meat, or tofu 2/3 cup beans or lentils* 1 cup greek yogurt* 1.5oz cheese*	1 egg 3oz chicken, fish, or lean meat 1/2 cup beans or lentils* 1/2 cup greek yogurt* 1.5oz cheese*
HEALTHY FAT	
2 Tblspn peanut or nut butter* 2 tspn olive, flax, or walnut oil 1/4 cup of nuts 1/3 medium avocado	1 tblspn peanut or nut butter* 1 tspn olive, flax or walnut oil 1/8 cup or 2 tblspns of nuts = 15 almonds 1/4 medium avocado
SMART CARB	
1 cup cooked grains (1/2 cup raw): oats, brown rice, quinoa, pasta 1 medium sweet or regular potato 2 corn tortillas 1 slice of bread (or 2 light slices equaling 120 calories or less) 1 english muffin, sandwich thin, or high-fiber wrap	1/2 cup cooked (1/4 cup raw) grains 1/2 medium sweet potato or regular potato 2 corn tortillas 1 slice of bread (or 2 light slices equaling 120 calories or less) 1 english muffin, sandwich thin, or high-fiber wrap
FRUIT	
1 medium apple, orange, or pear 1 small banana = length of your hand 1 cup berries or chopped fruit 1/4 cup dried fruit (fresh or frozen is optimal)	
VEGETABLES *You can have unlimited vegetables except for peas and corn; stick with 1/2 cup serving	
2 cups spinach or lettuce = 2 cupped hands 1 cup raw vegetables 1/2 cup cooked vegetables 6oz low sodium vegetable juice	
OPTIONAL TREATS	
1/2 cup lowfat ice cream 1 small bag of baked potato chips 1oz dark chocolate 4oz of wine or 12oz light beer 3 cups air-popped or light popcorn	



1 cup = baseball



1/2 cup = lightbulb



1 oz or 2 tbsp  
= golf ball



1/4 cup nuts  
= Altoids tin



3 oz chicken or meat  
= deck of cards



1 medium potato  
= computer mouse



1 medium piece of  
fruit = tennis ball



1 1/2 oz cheese  
= 3 dice

\*some foods are a combination of protein and carbs or protein and fat