














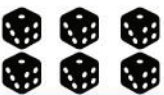





Portion Size Cheat Sheet




FOOD				
		Serving Uncooked	Serving cooked	Relative Size
	FISH	6 - 7 oz	3 - 4 oz	Checkbook 
	Meat or Poultry	4 oz	3 oz	Computer mouse 
	Eggs	2	2	Fist 
	Pasta, Rice, Other Grains	1/4 cup	1/2 cup	Half a baseball 
	Spaghetti	Nickel-size bunch	1/2 cup	Half a baseball 
	Beans, Lentils, or Pulses	1/4 cup	1/2 cup	Half a baseball 
	Pasta Sauce	1/3 cup	1/3 cup	Large ladel 
	Cheese	1 oz.	1 oz.	6 dice 



GastroDoxs
Defenders of the Digestive System

Portion Size Cheat Sheet

Vegetables		
1 Serving Vegetables = 1 Cup		
	Leafy Greens	1 cup (2 fists)
	Carrots	2 medium
	Broccoli	6 small florets
	Cauliflower	1/4 head
	Corn on Cob	1 large ear
	Green Beans	10 beans

Fruit		
1 Serving Fruit = 1 Cup		
	Strawberries	7 large
	Tomatoes	1 large
	Grapes	13
	Melon	1/8 of large melon
	Plums	2 large



Quick Tips

- The more dishes you're serving in a meal, the smaller the portion sizes can be.
- Portion sizes change with age, activity level, and overall health. Adjust accordingly.
- If you find yourself still hungry, consider increasing your vegetable portion size.



GastroDoxs
Defenders of the Digestive System