

A BALANCED DIET with HEALTHY PORTION SIZES

is one of the best ways to prevent heart disease.



BASEBALL =
1 CUP



LIGHTBULB =
1/2 CUP



4 DICE =
SERVING OF
CHEESE



DECK OF CARDS =
3 OZ MEAT



GOLF BALL =
2 TBSP



1 DIE =
1 TSP

Estimating
portions

GRAINS

3 to 4 ounces a day.

One ounce is:

- 1 slice of bread
- 1/2 English muffin
- 1 cup cereal flakes
- 1/2 cup cooked rice, pasta or cereal
- 1 mini bagel or small pancake
- 3 cups popped popcorn

VEGETABLES

2 to 3 servings a day

One serving is:

- 1 cup raw or cooked non-leafy vegetables
- 2 cups leafy greens
- 1 cup vegetable juice
- 1 medium potato
- 1 large ear of corn

FRUITS

1½ to 2 servings a day

One serving is:

- 1 small apple, medium grapefruit, or large orange or banana
- 1 cup cut-up fruit
- 1 cup applesauce
- 1/2 cup dried fruit (raisins, prunes, apricots)

DAIRY

3 servings a day

One serving is:

- 1 cup milk or soy milk
- 1 cup yogurt
- 1½ oz cheese = 4 dice
- 2 slices American cheese

MEAT & BEANS

5 to 6½ ounces a day

- 3 oz any meat or fish = deck of cards or checkbook
- 2 oz = 7 medium shrimp
- 1 oz = 1 egg
- 2 oz peanut butter = 2 Tbsp
- 1/2 oz nuts = 12 almonds, 24 pistachios, 7 walnut halves
- 1 oz = 1/4 cup cooked peas or beans

FATS & OILS

5 to 7 tsp a day

- 1 teaspoon oil = quarter-sized puddle
- 1 teaspoon margarine or mayonnaise = 1 die