

Meat, Fish, Poultry, Beans, Eggs, and Nuts

Eat 2-3 servings every day.

A serving equals:

- 1/3 small chicken breast (whole chicken breast counts as 3 servings)
- 1 slice turkey lunch meat
- 1 tablespoon peanut butter
- 12 whole almonds
- 1 egg
- 1/4 cup cooked, baked or refried beans
- 1/4 cup tofu or tempeh

Fats and Oils

Limit these foods to 6 servings a day.

A serving equals:

- 1 teaspoon butter, margarine or vegetable oil (the size of the tip of your thumb)
- 1 tablespoon salad dressing
- 1/4 avocado
- 8 large canned olives

Alcohol

Have no more than 1 drink a day.

A drink equals:

- 12 oz. beer
- 4 oz. wine
- 1.25 oz. 80-proof liquor

Limit Your Sweets.

- Eat no more than 1 small serving per day. (Have 1/2 cup ice cream or 1/2 of a candy bar)
- Choose sweets that contain whole grains, fruits, vegetables, or nuts. Try an oatmeal-raisin cookie, apple crisp or sweet potato pie.
- Look for foods that are sweetened with fruit juice or lightly sweetened. Fat-free packaged foods are often high in sugar.

Tips for Eating Out

Most fast-food and restaurant servings are more than twice as large as a healthy amount. It's easy to eat too much.

Here's how to eat healthy when dining out:

- Order an appetizer instead of an entree
- Eat more vegetables and fruits.
- Go easy on sauces and salad dressings.
- Order a single meal and share it.
- Eat half. Take the rest home.

Information taken from "What's A Serving?" brochure by ETR associates. www.etr.org

What's A Serving?



Choose healthy serving sizes to stay a healthy weight.



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Large! King-Size! Super-Size!

No matter how you say it, most people put way too much on their plates and eat too much food. When you watch how much you eat you stay at a healthy weight.

You also make it easier to manage diabetes, high blood pressure and cholesterol. **How much do you eat?** You can measure the foods or compare the serving size to common objects.

Grains

Eat 6-11 servings every day.

A serving equals:

- 1 slice bread
- 1/2 English muffin, small bagel, or hamburger bun
- 6-inch corn or flour tortilla
- 1 cup ready-to-eat cereal (size of a large handful)
- 1/2 cup cooked pasta or rice



This is 1 cup of spaghetti. It's the size of a fist and counts as 2 servings. Is this how much you eat?

Vegetables

Eat 2-3 servings every day.

A serving equals:

- 2 cups raw, leafy greens (the size of a softball)
- 1 cup chopped or cooked vegetables (the size of a baseball)
- 1 medium baked potato or 1 cup mashed potatoes (the size of a fist)



This is 1 cup of cooked vegetables. The serving size is equal to the size of a baseball. Are you getting enough servings each day?

Fruits

Eat 2-4 servings every day.

A serving equals:

- 1 apple, pear or orange (the size of a tennis ball)
- 1 large banana
- 1 medium grapefruit
- 1 cup diced or canned fruit
- 1/2 cup dried fruit, such as raisins (the size of a large egg)
- 1 cup 100% fruit juice



Milk, Yogurt, and Cheese

Eat 3 servings every day.

Choose nonfat or 1%.

A serving equals:

- 1 cup milk or yogurt
- 1 cup frozen yogurt
- 1.5 oz. cheese such as Jack, Cheddar or Swiss (the size of six dice)
- 3 slices American cheese