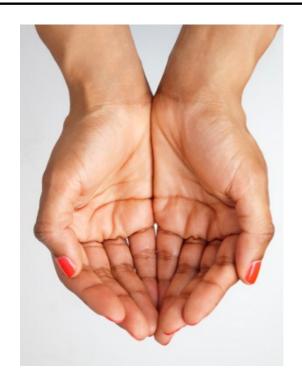
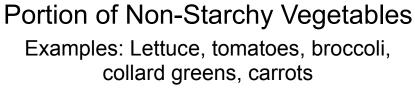
My Portion Sizes

You can use your hands to pick healthy portions of food!



2 cups or more







= 4 ounces

Portion of Protein

Examples: Chicken, low-fat cheese, fish, beef, pork, egg







= 1 cup

Portion of Carbohydrates:

Starch

Examples: Cereal, bread, mangú, mofongo, oatmeal, potato, rice, corn, peas, beans



OR

Fruit

Examples: Apple, small banana, orange



OR

Dairy

Examples: Low-fat or nonfat (skim) milk, "light" or nonfat yogurt





= 1 Tablespoon

Portion of Low-fat Sauce or Dip

Examples: Peanut butter, dressing, olive oil, margarine, cream cheese, ketchup

