

# My Portion Sizes

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



= 2 cups or more

## Portion of Non-Starchy Vegetables

Examples: Lettuce, tomatoes, broccoli, collard greens, carrots



= 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



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