

Tip sheet for Diet and Portion sizes

1. Diet and portion size
 - a. Replace one starch with veggies
 - b. Here's a site that gives some good suggestions for what a serving size might look to related to everyday objects
<http://www.mealsmatter.org/EatingForHealth/Topics/article.aspx?articleID=52>
 - c. Here's my take on what a serving size is:
 - i. Protein-3 oz on meat (1 serving) is about the size of a deck of cards, 1 oz of cheese (1 serving) is about the size of four stacked dice, 1 tablespoon of peanut butter (1 serving) equals 3 dice
 - ii. Bread/starch-1 serving of starch equals:
 1. ½ cup of cereal (whole grain, not processed)
 2. 1/3 cup cooked bulgur, buckwheat, barley, brown rice
 3. 1 o or 1 slice of whole grain breads
 4. 5-6 whole wheat crackers, rye crisps, melba toast
 5. 3 cups air popped popcorn, no butter
 6. ½ cup starchy veggies like corn, peas, yams
 7. 1 small baked potato with skin
 - iii. Vegetables-1 serving equals (note, you can't eat too many veggies, they are a "free" food);
 1. 1 cup raw veggies (except those in the bread group)
 2. 1 cup cooked veggies
 - iv. Fruits-1 serving equals (1 cup is like the size of a baseball) (don't eat more than 3 servings of fruit per day, instead eat more veggies!);
 1. 1 medium apple, orange, peach, etc
 2. 15 grapes
 3. ½ grapefruit
 4. 1/3 cut fruit juice
 5. 1 cup watermelon or melons, strawberries, and other berries
 - v. Fats (1 serving equals;
 1. 1.8 of an avocado
 2. 1 tbsp nuts (preferably raw)
 3. 1 tsp olive oil
 4. 1 tsp regular salad dressing
 5. 2 tbsp reduce fat dressing
 6. 1 tbsp regular sour cream
 7. 2 tbsp reduced fat sour cream