

# Visualize Your Portion Size

Proteins build, repair and maintain your body tissues.

## Dairy: Get 3-A-Day

Milk = 1 cup or 8 oz.  
Yogurt = 1 cup or 8 oz.  
Cheese = 1 to 1-1/2 oz.



"A healthy meal plan including 3-A-Day of dairy - a total of three servings of calcium-rich milk, cheese or yogurt every day - combined with physical activity helps build strong bones to last a lifetime."

*National Dairy Council*



1/4 Lean Meat or Protein

1/4 Whole Grain

1/2 Fruits and Vegetables



Whole grains provide fiber which may reduce the risk of certain forms of cancer and heart disease, contribute to a feeling of fullness, and promote bowel regularity. At least 1/2 of our grain servings should be whole grains.

Fruits and vegetables are great sources of fiber and many vitamins, minerals and other natural substances (phytochemicals) that may protect your health.



Make physical activity part of your daily routine.

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## 1/2 Fruits and Vegetables

- Eat a variety of colors - red, dark green, yellow, blue, purple, white and orange
- Choose whole fruits for more fiber
- Drink 100% fruit juice
- Choose fresh, frozen, canned, dried and 100% juice



1 baseball =  
1 cup of fruits or vegetables

## 1/4 Whole Grains

- Most adults need 20-35 grams of dietary fiber daily
- Make half your grains whole by substituting whole grains (whole grain breads, cereals, pasta, brown rice, barley, bulgur wheat, etc.) for refined products (white bread, white pasta, white rice).
- Begin the day with a high fiber cereal as part of a nutritious breakfast.
- Use whole-grains in cooking mixed dishes



1 computer mouse =  
1 medium baked potato

## 1/4 Lean Meat or Protein

- Choose lean, well-trimmed meats such as chicken, turkey, fish, shellfish, beef round and pork loin, extra lean ground beef, and lowfat cheese and other dairy products, tofu, dried beans and peas
- Choose low-fat cooking techniques - bake, broil, roast or grill
- Limit fried and breaded meats, sauces and gravies



1 tennis ball =  
1 serving of grains



1 deck of cards =  
3 ounces of meat