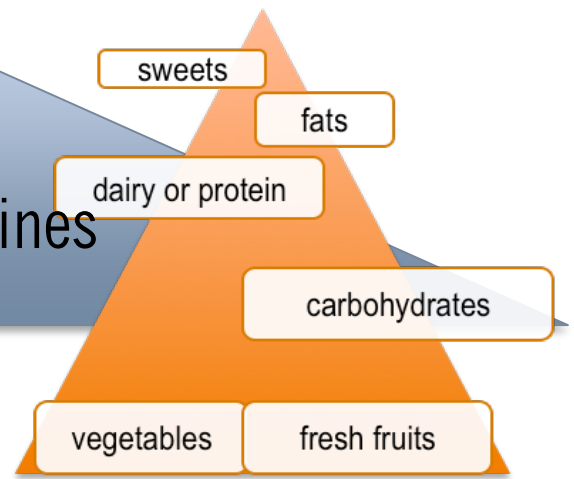


Portion Guidelines



2018

Visual cues of a serving



2-3 ounces of fish or meat



2 Tablespoons salad dressing, peanut butter or jam



1 dice butter - teaspoon
2 die peanut butter



1 cup of broccoli or 2 cups raw greens



1 small baked potato



1 ounce of chocolate



Woman's fist about 1 cup



1 ounce cheese the size of a domino or 4 dice



1 cup pasta, ice cream or rice



½ cup pasta or dry cereal, ½ small bagel, 1 slice whole grain bread, ½ medium baked potato, ½ cup sliced fruit, 1 small apple or 1 medium orange

Sweets – up to 75 calories daily

Fats – 3 to 5 daily servings
45 calories per serving

Protein or dairy – 3 to 7 daily servings
110 calories per serving

Carbohydrates – 4 to 8 daily servings
70 calories per serving

Vegetables - Unlimited (minimum 4 servings a day)
25 calories per serving

Fruits – Unlimited (minimum 3 servings a day)
60 calories per serving

*Along with these recommendations comes the assumption that daily physical activity is included in your routine.

*You are always advised to contact your Dr. before starting a new eating plan.

Healthy weight maintenance recommendation Mayo Foundation for Medical Education and Research

Remember that a portion is not the same as a serving. A portion is an amount of food on your plate. A serving is a specific amount of food that equals a certain number of calories. Often the "portion" you eat contains more than one "serving." Keep that in mind while cooking and making food selections.