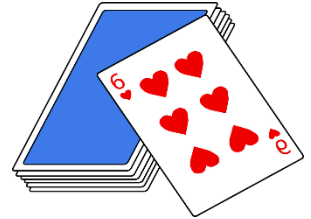


Everyday Items and Serving Sizes

Determining Portion and Serving Sizes

It can be difficult to know how much food is the right amount. What counts as a full serving? How can I easily gauge it? Luckily, a few everyday items can help you and your family meet your healthy eating goals!

1 serving of meat, fish, or poultry is roughly equal to the size of a deck of cards.



1 serving of fruits or vegetables is roughly equal to the size of a tennis ball. If they are raw, leafy vegetables, then a tennis ball is only $\frac{1}{2}$ a serving.

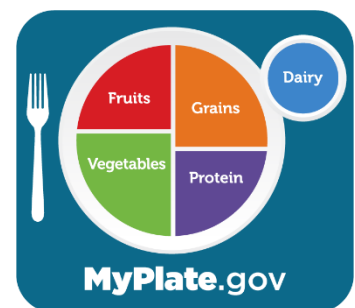
1 serving of nut butter or salad dressing is roughly equal to the size of a ping-pong ball or your thumb.



The perfect portion size for feeding toddlers can be measured with the palm of the toddler's hand.

The MyPlate tool can help you develop balanced meals for yourself and your family!

- Fill $\frac{1}{2}$ the plate with vegetables and/or fruit
- Fill $\frac{1}{4}$ the plate with lean protein
- Fill $\frac{1}{4}$ the plate with whole grains
- Pair your meals with a single serving of milk or low-sugar yogurt



For more information about healthy eating and active living resources, please email 5210healthywashoe@nnph.org.