



# Serving Size

## WHAT IS A SERVING?

1 tsp



1 tbsp



1 oz or  
2 tbsp



3 oz

1/2 cup



1 cup



FOOD GROUPS	SERVING SIZE EXAMPLES
<b>Grains</b> Whole grains are best 80 calories/serving	1 slice of bread; ½ cup cooked cereal, rice, or pasta
<b>Vegetables</b> 30 calories/serving	½ cup cooked; 1 cup fresh; 2 cups salad; ½ cup vegetable juice
<b>Fruits</b> Fresh fruits are best 70 calories/serving	1 cup fresh or frozen; ½ cup chopped, cooked or canned fruit
<b>Dairy</b> 125 calories/serving	1 cup of milk or yogurt; 1 oz cheese
<b>Proteins</b> 225 calories/serving 12–15 g protein/serving	3 oz cooked lean meat, poultry or fish; 1 veggieburger; 3 oz meat alternate; ½ cup beans; 2 tbsp peanut butter; 1 oz nuts; 2 eggs or ½ cup egg substitute
<b>Fats</b> 35 calories/serving	1 tsp of oil; 1 tsp trans free margarine 5 olives; 1/8 avocado

## How to Trick Yourself into Eating Less

### SNACK TIME



- When you get home from the grocery store, spend a little bit of prep time to have easy healthy snacks on hand.

**Chips, pretzels & nuts:** portion into single serving containers, one of the worst things you can do is eat straight out of the bag!

**Fruits & veggies:** prepare these before you put them in the fridge, you are more likely to munch on broccoli if you don't have to wash it and cut it up first.

- Keep healthy snacks at eye level in the fridge, don't hide them in the crisper drawer.
- Never eat out of the ice cream carton, it's worth the dirty bowl, and your waistline will thank you.

### DISH IT UP



- Use tall narrow glasses instead of short wide glasses.
- Eat from smaller plates. This is easier said than done. We suggest moving your largest plates to a different location than the smaller ones you wish to start using more often.
- When fixing your plate at dinner, put your veggies on first.
- Use a plate whose color is in high contrast to your food. Example: you will eat more spaghetti off a red plate, and more mashed potatoes off a white plate.

Do not multitask  
while eating.  
When you eat, just eat!