Portion size

FIST

CARBS SERVING

ABOUT 1 CUP (150-200G)

PERFECT PORTION OF RICE, FRUIT OR COOKED VEGETABLES

FINGERTIP

FATS SERVING ~1 TEASPOON

OILS, BUTTER OR MAYONNAISE

CUPPED HAND

SNACKS SERVING

ABOUT 1/2 CUP (50-80G)
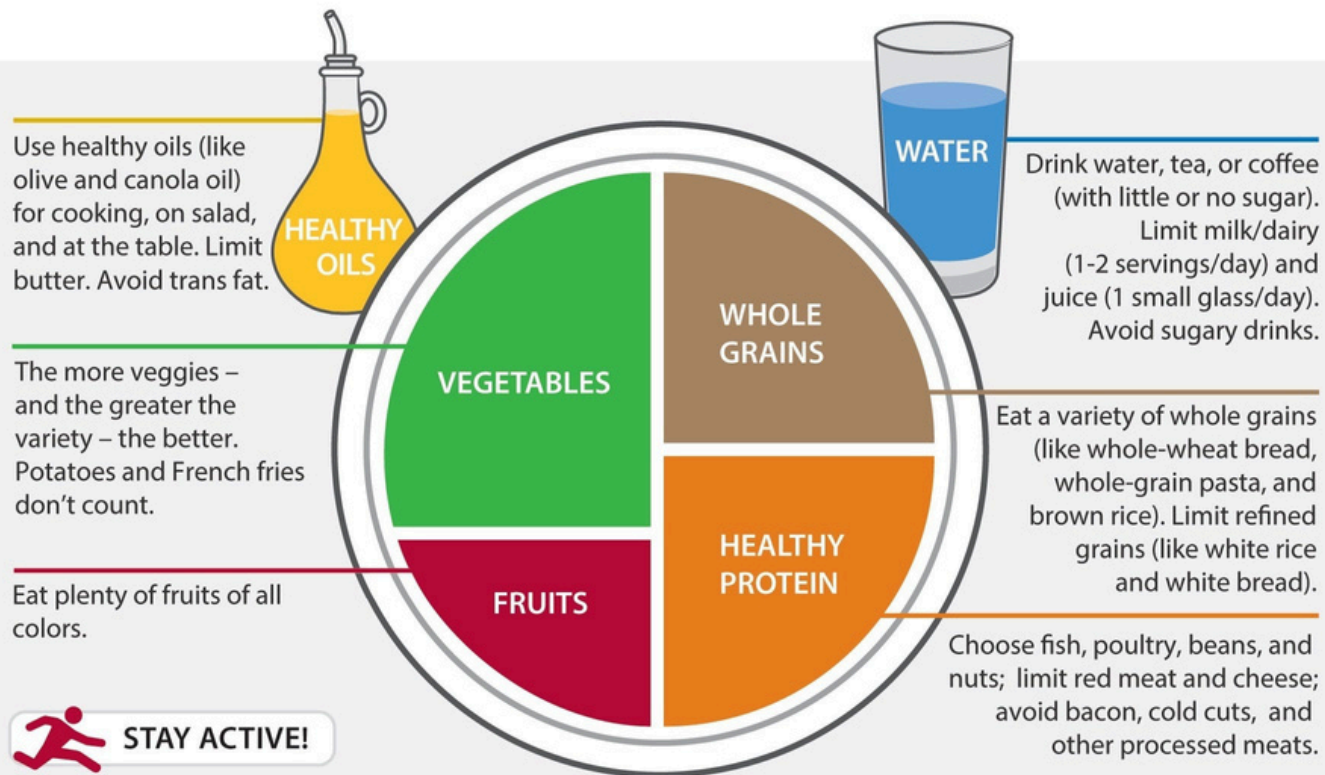
PERFECT PORTION OF NUTS OR DRIED FRUIT

TWO HANDFULL

SALADS SERVING (FRESH SPINACH, LETTUCE)

PALM

PROTEINS SERVING

ABOUT 100G (3-4OZ)

PERFECT PORTION OF MEAT

DOUBLE UP FOR VEGE PROTEIN

THUMB

DAIRY SERVING

ABOUT 2 TABLESPOONS

SERVING SIZE OF CHEESE OR PEANUT BUTTER

the plate method

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

HEALTHY OILS

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

VEGETABLES

Eat plenty of fruits of all colors.

FRUITS

WATER

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

WHOLE GRAINS

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

HEALTHY PROTEIN

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

STAY ACTIVE!

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