

Total Woman Rejuvenation

Portion Reference Guide

When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all too easy to misjudge correct portion sizes. Here are some easy comparisons to help you figure out how many servings are on your plate.

Portion Size Your Plate



½ PLATE VEGETABLES:

Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

¼ PLATE PROTEINS:

Low-fat proteins are good for your heart and better for your waistline. Bake, broil or grill your way to a delicious and healthy meal.

¼ PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.



1 cup = baseball



1/2 cup = light bulb



¼ cup or 2 tbsb =
golf ball



1 tbsb = poker chip



1 slice of bread =
cassette tape



3 oz chicken or meat
= deck of cards



3 oz fish
= checkbook



1 oz lunch meat
= compact disc



3 oz muffin or biscuit
= hockey puck



1½ oz cheese
= 3 dice

Dr. Dian Ginsberg

Dr. Lauren Ta

2500 Fondren Suite 130 Houston, TX 77063 (713) 781-4600

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Basic Guidelines

1 cup = baseball
½ cup = light bulb
¼ cup or 2 tbsp = golf ball
1 tbsp = poker chip
3 oz chicken or meat =
deck of cards
3 oz fish = checkbook



Grains

1 cup of cereal flakes = baseball
1 pancake = compact disc
½ cup cooked rice = light bulb
½ cup cooked pasta = light bulb
1 slice bread = cassette tape
1 bagel = 6 oz can of tuna
3 cups popcorn = 3 baseballs



DAIRY & CHEESE

1 ½ oz cheese = 3 stacked dice
1 cup yogurt = baseball
½ cup of frozen yogurt = light bulb
½ cup of ice cream = light bulb



FATS & OILS

1 tsp butter or spread = poker chip
1 tsp salad dressing = poker chip
1 tsp mayonnaise = poker chip
1 tsp oil = poker chip



FRUITS & VEGETABLES

1 medium fruit = baseball
½ cup grapes = about 16 grapes
1 cup strawberries = about 12 berries
1 cup of salad greens = baseball
1 cup carrots = about 12 baby carrots
1 cup cooked vegetables = baseball
1 baked potato = computer mouse



MEATS, FISH & NUTS

3 oz lean meat = deck of cards
3 oz fish = checkbook
3 oz tofu = deck of cards
2 tbsp peanut butter = golf ball
2 tbsp hummus = golf ball
¼ cup almonds = 12 almonds
¼ cup pistachios = 24



MIXED DISHES

1 hamburger (without bun) =
deck of cards
1 cup fries = about 10 fries
4 oz nachos = about 7 chips
3 oz meatloaf = deck of cards
1 cup chili = baseball
1 sub sandwich = about 6 inches
1 burrito = about 6 inches

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