

NUTRITION 2016 | Department Huddles

Serving Sizes

Non-Starchy Vegetables and Fruit

- Non-starchy vegetables: 25 calories per serving
- Fruit: 60 calories per serving



1 cup raw vegetables	1 baseball
½ cup cooked vegetables	1 computer mouse
1 medium piece of fruit or 1 cup berries	1 tennis ball
½ cup canned fruit	1 computer mouse
¼ cup dried fruit	1 large egg

Grains and Starchy Vegetables

- Grains: 80 calories per serving
- Starchy vegetables: 80 calories per serving



1 oz. bread or 1 slice bread	1 CD Case
1 pancake	1 CD
½ cup cooked pasta or 1 small baked potato	1 computer mouse
1 cup dry cereal	1 baseball
½ cup cooked grain (rice)	1 cup cake wrapper
1 piece of cornbread	1 bar of soap

Protein (includes plant and animal sources of protein)

- 35-100 calories per serving



1 oz. meat, poultry	1 matchbook
2-3 oz. meat, fish or poultry	1 deck of cards
3 oz. fish	1 checkbook
½ cup beans	1 computer mouse
1 TBSP nut butter	1 poker chip
1 oz. nuts, 2 TBSP hummus	1 golf ball

Milk and Dairy Products

- 90 calories per serving



1 cup milk or yogurt	1 baseball
1 oz. cheese	2 pair of dice
½ cup ice cream	1 computer mouse



(continued)



Fats

- 45 calories per serving

1 tsp. fat or oil (butter, margarine etc.)	1 penny
1 TBSP regular salad dressing	1 quarter
2 TBSP reduced fat salad dressing	2 quarters

Tips for Choosing the Right Portions

- Figure out how big your portions are
- Use a smaller plate
- Avoid eating directly out of package/container
- Out of sight, out of mind
- Buy individual servings or make your own
- Use measuring cups
- Eat slowly
- Wait 10-15 minutes before getting seconds
- Fill up on water, soup or fruits and vegetables before meals

