

# Easy Portion Sizing

When building a healthy meal, **the amount of food you place on your plate – and eventually eat – is vital.** Use this handout to learn some quick and easy ways to determine just how much food is considered a serving.

## Serving Size

A standardized amount of food; it usually represents quantities that people typically consume.

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## Portion Size

The amount of food you choose to eat, which may be more or less than a serving.

### Important note:

Serving sizes are general recommendations, depending on your hunger and individual needs, you may need more or less and that's okay!

## PROTEIN

Like meat, fish and poultry



Serving size: 3 ounces, similar to a deck of cards

## WHOLE-GRAIN

Like bread, rolls and muffins



Serving size: 3 ounces, similar to a hockey puck

## DAIRY

Like milk and yogurt



Serving size: 1 cup

## GRAINS



Serving size: 1.5 cups

## DAIRY

Like milk and yogurt



Serving size: 1 cup

## CHEESE



Serving size: 1.5 ounces

## VEGETABLES



Serving size: 1 cup (cooked)



Serving size: 2 cups (uncooked)

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