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.

Portion Size

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

Important note:

VS

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

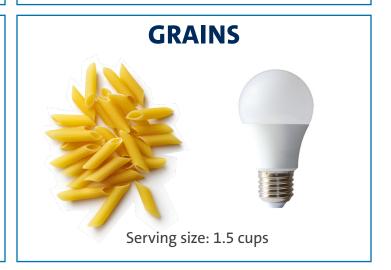
DAIRY

Like milk and yogurt





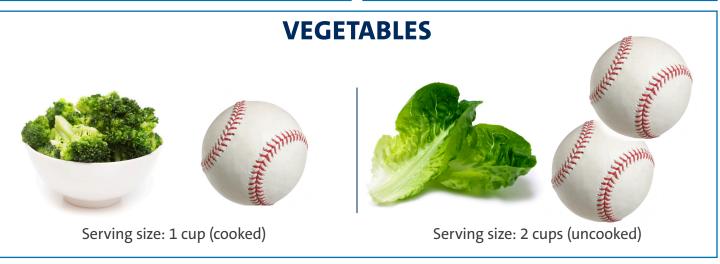
Serving size: 1 cup











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