



Nutrition *fact sheet*

Manage Your Portions

Planning Satisfying Meals and Snacks

Include at least one of these in your meals and snacks

Fiber

- Increase the portion of non-starchy vegetables, such as broccoli, carrots, greens, cauliflower, cucumbers and peppers.
- Add ½ cup of legumes (black, white, navy, pinto, kidney beans etc.) or lentils
- Choose whole grains (cereal, brown rice, whole wheat pasta, whole grain crackers)

Protein

- Have yogurt, low fat milk, egg whites or cottage cheese with breakfast
- Plan for 2-3 ounces of lean protein at lunch and dinner, such as skinless poultry, fish, legumes and beef from the round or loin.
- Use lower fat cheese, hummus and edamame for snacks

Healthy Fats

- Add small portions of nuts, nut butters, olives and avocados
- Cook with small amounts of olive, canola or peanut oil
- Use light dressings instead of regular or fat free

Enjoy Foods Once Considered to be “Bad” or “Never Again” Moderately

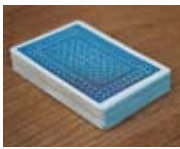




- Buy smaller portions or pre-portion after you bring the food home
- Take pleasure when eating these foods by eating slowly and without distractions
- Eat these foods with others to avoid overeating
- If you feel full, stop and have the rest later
- Go “out” for foods such as ice cream, pizza or dessert so you don’t have tempting leftovers at home

Quick Tips

- Use smaller plates, bowls, and cups
- Avoid distractions such as TV which makes you less aware of how much you eat
- Stop eating when you feel satisfied, not full, stuffed or bloated
- Measure foods you tend to overeat
- Eat every 4-6 hours to avoid getting overly hungry
- Put less food on your plate
- Leave serving dishes in the kitchen instead of at the table
- Eat slowly, putting your utensil down and sipping water after each bite

Portion Size Reference

Item	Visual Reminder	
1/2 cup cooked rice or pasta	Size of a tennis ball	
1 medium potato	Size of a computer mouse	
1/2 average bagel	Size of a hockey puck	
1 cup of raw fruit or vegetables	Size of a baseball	
1/2 cup cooked fruit or veggies	Size of a tennis ball	

Item	Visual Reminder	
3 oz. of cooked meat or poultry	Size of a deck of cards	
3 oz. grilled fish	Size of a checkbook	
2 tablespoons of peanut butter	Size of a golf ball	
1 oz. of cheese	Size of 4 stacked dice	
1 cup of ice cream	Size of a baseball	

In addition to the information listed above, The My Pyramid website is a great resource to help you find out how much food from each food group you need for good health and a healthy weight. The site is filled with nutrition information and tips plus you can track your food choices, if you are interested.

Here's what to do:

1. Click on this website, www.mypyramid.gov
2. In the "I want to..." box select "Get a personalized plan".
3. Fill in your age, sex and activity level in the My Pyramid Plan box and click on submit.
4. MyPyramid will list recommendations on how much food you are to eat from each food group to maintain your weight and more.
 - a. Click on the food groups or the tips for more information.
 - b. Look at your options under, View, Print and Learn More. You can print a copy of your recommendations or start tracking your food choices.