

IS YOUR PORTION CONTROL OUT OF CONTROL?

How much do you need?

Grains

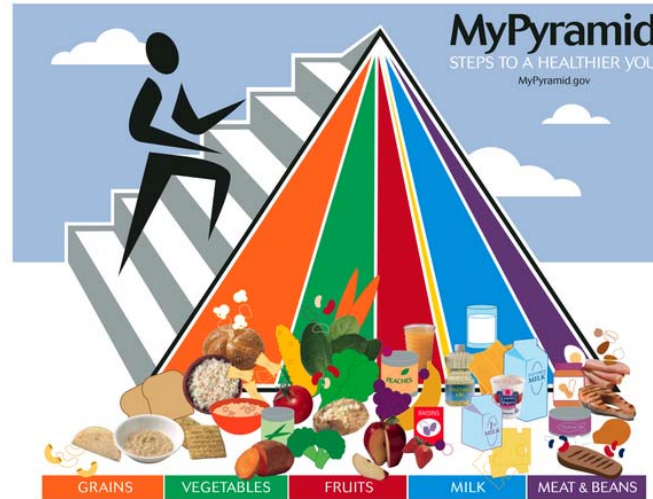
1 oz = a slice of bread
½ cup rice, pasta or cereal = size of a yo-yo

Be Well! Goal: Choose Whole Grains

Vegetables

½ cup cooked = the size of a yo-yo
1 cup raw = size of a baseball

Be Well! Goal: Enjoy with Every Meal



Fruits

1 cup raw fruit = size of a baseball
½ cup canned fruit = size of a golf ball

Be Well! Goal: Eat a Rainbow

Meat & Beans

2 oz chicken, fish = size of a deck of cards
2 oz beans = ½ cup

Be Well! Goal: Choose Lean

Milk

8 oz yogurt, skim milk = 1 cup
1 oz cheese = size of a string cheese

Be Well! Goal: Choose Low-fat Options

Find out at www.mypyramid.gov

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Think {wellness}

Kevin Cope, Rebecca Tanner,
Elaine Taylor, Alyson Bernhisel,
Thomas Anderson, Aurora Wallis
and Katie Brown



USU Department of
Nutrition and Food
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