

# PORTION CONTROL

CHEAT SHEET

Prevention

GRAINS

FOOD

SERVING SIZE

SERVINGS



whole grain bagel



hockey puck

5

PER DAY



brown rice



whole wheat pasta



1/2 tennis ball

VEGGIES



carrots



broccoli



tennis ball

3

PER DAY

FRUITS



grapes



apple



juice



tennis ball

2

PER DAY



dried fruit



golf ball

DAIRY



mozzarella cheese



golf ball

3

PER DAY



cheddar cheese



4 dice

MEAT & PROTEIN



chicken



burger



salmon



deck of cards

3

PER DAY

HEALTHY FATS



peanut butter



nuts



shot glass

4

PER DAY



extra virgin olive oil



thumb tip