

# HEALTHY PORTION SIZES

## COOKED MEATS



1 serving size = 3 ounces

## BUTTER AND OILS



1 serving size = 1 teaspoon

## RICE AND CEREAL



1 serving size = 3/4 cup

## PEANUT BUTTER



1 serving size = 2 Tablespoons

## COOKED PASTA



1 serving size = 1 cup

## DRIED NUTS AND FRUIT



1 serving size = 1/4 cup

## CHEESE



1 serving size = 1.5 ounces

## FRUIT



1 serving size = 1/2 cup

## VEGETABLES



1 serving size = 1 cup