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# Portion control tips

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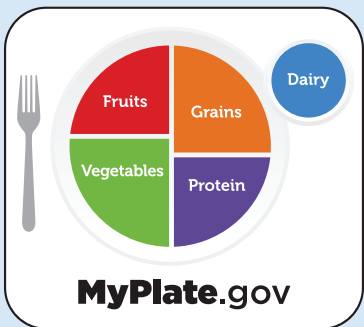
Use these easy tricks to stay on track with serving sizes.

## At mealtime

- Fill half your plate with colorful fruits and veggies.
- Try eating slowly so it's easier to tell when you're full.
- Use a smaller plate so your servings look larger.

## At snacktime

- Plan your snacktime to avoid mindless grazing.
- Choose high-protein or high-fiber foods like nuts, hummus, fresh fruit, or popcorn.
- Pre-portion your servings instead of eating straight from the package.



Source: [www.myplate.gov](http://www.myplate.gov)

Not sure what a healthy serving size looks like? Flip this over for a quick guide.

## Serving size cheat sheet

Here's one serving size of these common foods:

### Grains

- 1/2 bagel or English muffin
- 1/2 cup cooked rice, pasta, or oatmeal
- 1 cup dry cereal
- 1 waffle, pancake, or slice of bread

### Vegetables

- 2 cups raw, leafy greens
- 1 cup chopped fresh vegetables
- 1/2 cup cooked or canned vegetables
- 3/4 cup 100% vegetable juice

### Fruits

- 1 medium piece of fresh fruit (about the size of a tennis ball)
- 1/2 cup chopped fruit (canned, cooked, or raw)
- 1 cup 100% fruit juice
- 1/2 cup dried fruit

### Dairy

- 1 cup milk or yogurt
- 1 1/2 oz. cheese (around the size of four stacked dice)

### Protein

- 1 tablespoon peanut butter (roughly the size of a pingpong ball)
- 1/4 cup nuts
- 1 medium egg
- 2–3 oz. of poultry, meat, or fish (about the size of a deck of cards)
- 1/2 cup cooked beans

Source: USDA Center for Nutrition Policy and Promotion



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