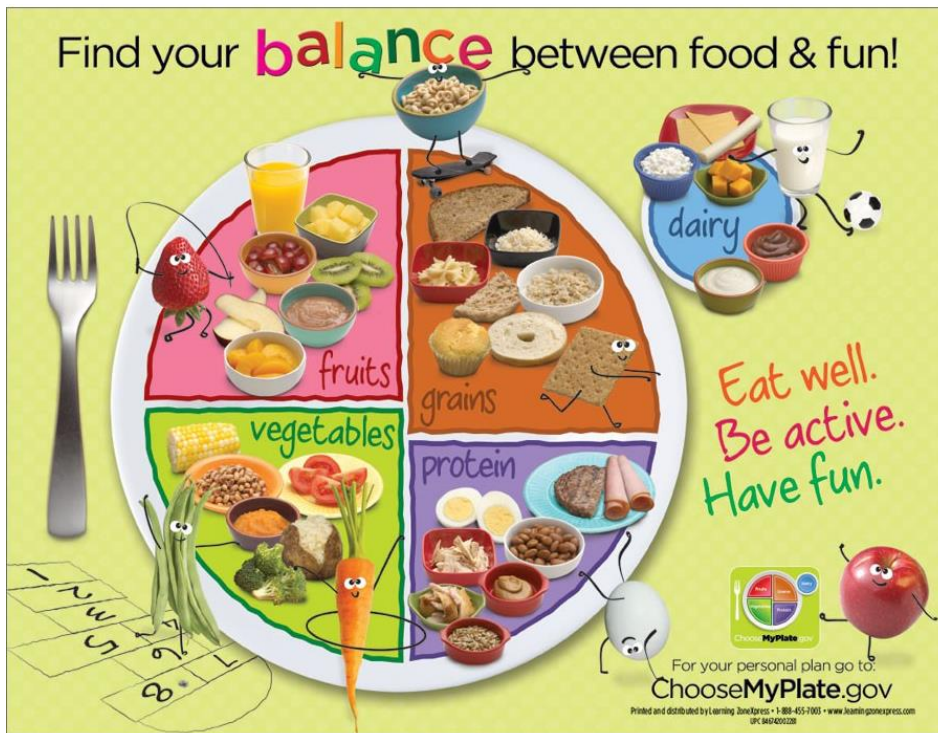


NEAT Fact Sheet

“Portion Control and Serving Sizes”

Today's typical portions bigger than they were 30 years ago! They keep getting bigger! You should follow the serving sizes according to the MyPlate.

There are 5 main food groups within MyPlate



- Fruits
- Vegetables
- Grains
- Protein
- Dairy

Tips to control your portions...

- At restaurants ask for a “to-go” box and immediately wrap-up half your meal before you start eating
- At fast food restaurants order smaller portions or Kid’s Meals
- Eat your meals at home on smaller plates
- Eat a snack before a meal or drink a glass of water so you will not overeat
- Always put chips from a large bag in a bowl or on a plate before eating



How many servings of each food group do elementary school students need each day?

Fruits	Vegetables	Grains	Protein	Dairy
Girls: 1-1.5 cups	Girls: 1.5-2 cups	Girls: 5 oz.	Girls: 4-5 oz.	Girls: 2.5-3 cups
Boys: 1-1.5 cups	Boys: 1.5- 2 cups	Boys: 5-6 oz.	Boys: 4-5 oz.	Boys: 2.5-3 cups

Common foods and serving sizes:

Food	Serving	Guideline	MyPlate Equivalency
Bagel	1 large	6 oz. can of tuna	4 oz. grains
Bread	1 slice	Cassette tape	1 oz. grains
Flaked cereal	1 cup	baseball	1 oz. grains
Cooked pasta	1 cup	baseball	2 oz. grains
Popcorn	1 cup	baseball	1/3 oz. grains
Rice	½ cup	Light bulb	1 oz. grains
Waffle or pancake	1 regular	CD	1 oz. grains
Broccoli	1 cup	Baseball	1 cup veg.
Carrots	1 cup	Baseball	1 cup veg.
Mashed potatoes	½ cup	Lightbulb	½ cup veg.
Apple	1 medium	Baseball	1 cup fruit
Blueberries	½ cup	Lightbulb	½ cup fruit
Dried fruit	1 oz.	Golf ball	½ cup fruit
Hard cheese	1 ½ oz.	3 dice	1 cup milk
Yogurt	8 oz.	Baseball	1 cup milk
Butter, mayo	1 Tbsp.	Poker chip	3 tsp. fats/oil
Nuts	¼ cup	Golf club	1 oz. beans
Beef and chicken	3 oz.	Deck of cards	3 oz. meat
Cooked beans	½ cup	Lightbulb	2 oz. beans
Cooked fish	3 oz.	Checkbook	3 oz. meat
Lunch meat	1 oz.	CD	1 oz. meat