the FOOD Pyramid & Portion Size

Steps to a healthier you
The Food Pyramid
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http://thevreelandclinic.files.wordpress.com/2010/03/food-guide-pyramid.gif
Portion Control

- Your thumb tip/finger tip = 1 teaspoon
- A fist = approximately 1 cup

Serving size: 1 tsp
Portion Control

- Your thumb = 1 oz of cheese
- A hand full is approximately 1 to 2 ounces
- The palm of your hand = 3 ounces of meat
- A tennis ball = 1 fruit

http://1.bp.blogspot.com/_EM1Fq5nEHwY/S5CJeMj6jNI/AAAAAAAAAUo/PriW6gh0a0/S660/thumbs%2520up%2520happy%2520face.jpg

http://weblogs.sun-sentinel.com/features/health/theskinny/blog/Tennisball.jpg
Plate Portion

The Portion Plate

1/2 of your plate should be fruits and veggies

Hey, Kids! Take a good look at your portions!

A serving of fruit EQUALS the size of a tennis ball.
A serving of veggies EQUALS the size of a tennis ball.
A serving of whole grains EQUALS the size of a CD.
A serving of protein EQUALS the size of a box of crayons.

Eat better 2. Learn better 2. Play better 2. Do better.

http://www.enasco.com/prod/images/products/DB/AC0584561.jpg