



American Dietetic Association

National Nutrition Month
March 2009



EAT RIGHT IN THE RIGHT AMOUNTS

RIGHT AMOUNTS: PORTION VERSUS SERVING

A portion is the amount of food a person chooses to serve themselves.

A serving is the recommended amount of food for good health and balance.

Food	Serving	Picture	Hand Sample
VEGGIES: (5 or more servings/day) <ul style="list-style-type: none"> Chopped chunky vegetables Leafy lettuce, spinach 	½ cup 1 cup	½ baseball baseball	Cupped hand Fist
FRUIT: (3 or more servings per day) <ul style="list-style-type: none"> Whole piece Chopped fruit Dried fruit 	Medium size ½ cup ¼ cup	baseball ½ baseball golf ball	Fist Cupped hand ½ cupped hand
GRAINS/STARCHY VEGGIES: (6 servings or more per day) <ul style="list-style-type: none"> Pasta, rice, oatmeal Cold cereal Pancake Bread Tortilla 	½ cup 1 cup 1 small 1 slice 1, 6" tortilla	½ baseball baseball Little smaller than CD	Cupped hand Fist Palm of hand
MEAT & PROTEIN FOODS: (5 oz/day) <ul style="list-style-type: none"> Beef, chicken, pork, fish Beans 	3 ounces ½ cup cooked (equals 1 oz)	deck of cards ½ baseball	Palm of hand Cupped hand
MILK/CHEESE/YOGURT (3 servings per day) <ul style="list-style-type: none"> Milk Yogurt Cheese 	1 cup 6 oz container 1½ ounces	measuring cup ¾ cup 4 dice	3 fingers width

Following this way of eating allows you 200 extra calories/day for a sweet or treat.
Minimum servings per day based on 1800 calories/day.

