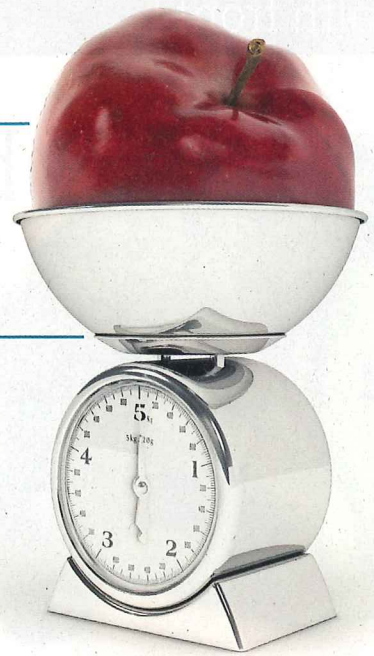


[ quick  
tips ]  
weight  
control

## Did You Know?

If you eat a super-large apple, that's equal to at least two servings of fruit!



# what's a serving size?

these visuals can help you remember!

Most Americans underestimate how much they're eating by about 25 percent. That's partly because the *portions* served to us at convenience stores, movies, and in restaurants have become increasingly large over the years. When we talk about *serving size*, that is the measured amount of food you see listed on a product's Nutrition Facts label (1 cup, 1 tablespoon, etc.). Serving size—not portions—are what should be guiding your daily food consumption to help with weight control. These visuals can help you remember standard serving sizes of different types of food groups.



3 ounces of meat,  
tofu, or poultry



3 ounces of fish



1½ ounces of cheese



1 cup cooked veggies



2 tablespoons oils



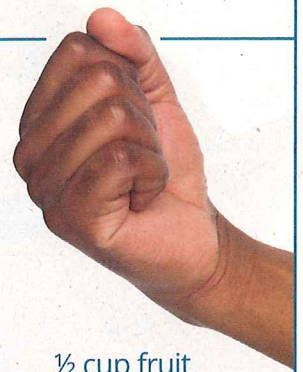
½ cup grains



1 tablespoon butter



1 piece chocolate



½ cup fruit

SELECTED SOURCES "Serving and Portion Sizes: How Much Should I Eat?" National Institute on Aging, [www.nia.nih.gov](http://www.nia.nih.gov) • "WebMD Portion Size Guide" by Kathleen Zelman, [www.HealthyEating.WebMD.com](http://www.HealthyEating.WebMD.com), 9/27/12