

How **much**  
is enough?

How much  
is **too** much?

What size is  
right for **YOU?**

# food that fits **YOUR LIFE**<sup>®</sup>

Understanding and controlling portion sizes is an important part of a healthy lifestyle. Watching your portions can help you get enough of the healthy foods you need without over eating.

The portion sizes on your plate often vary from what's recommended for many reasons. But by understanding basic serving size guidelines you can recognize when you've taken, or been served, more than the recommended amount — then you can decide what's right for you.

*Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.*

*For more information or for special dietary needs, please contact your food service director.*



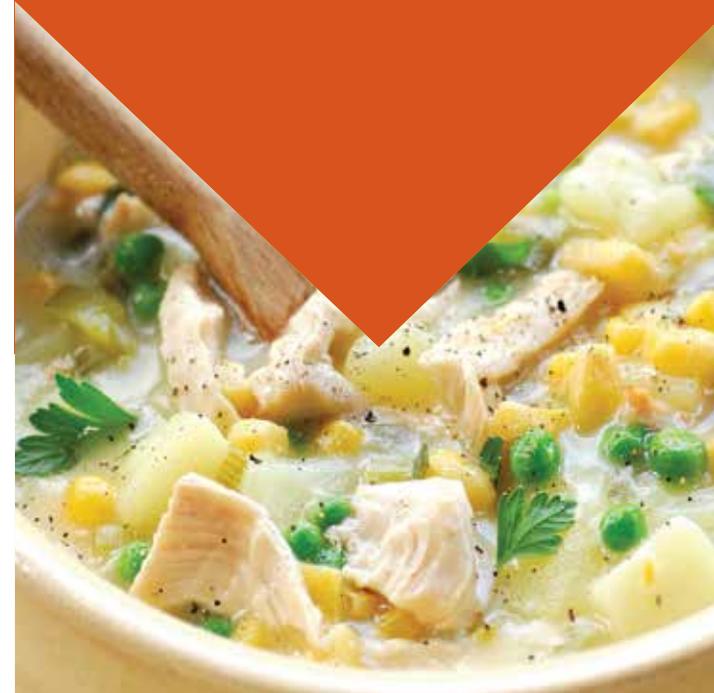
© 2013 ARAMARK. All rights reserved.

9-13

 Printed on recycled paper



## Understanding **SERVING SIZES**



healthy  
for   
**LIFE**<sup>™</sup>

# One Serving Equals:

Recommended Serving Size Varies by Type of Food

The amount you eat or drink plays a very important role in maintaining a healthy lifestyle. 🍏 But what is a serving? How do serving sizes vary for different types of foods? And how can you be sure the amount of food on your plate is right for you? ❓❓ Experts recommend that every day you eat two servings of lean protein, at least three servings of whole grains and low fat dairy products, four servings of fruit and five servings of vegetables. 🍅 The good news is that you don't need to carry a scale and weigh your foods to make sure you're getting the right amount. Just keep these simple serving size guidelines in mind as part of your healthy diet. 🕒



**1 small fruit**  
= size of a baseball



**1 cup of cereal**  
= size of small fist



**1/2 cup of vegetables,  
rice or pasta**  
= size of a  
computer mouse



**2-3 ounces of chicken,  
meat or fish**  
= size of a deck of cards



**1 1/2 ounces of cheese**  
= size of 4 dice

To learn more, visit the USDA choose MyPlate website at [www.choosemyplate.gov](http://www.choosemyplate.gov)

*\*Recommendations based on a 2,000 calorie daily diet from the USDA Dietary Guidelines for Americans.*