

Portion Sizes

Week 4

1

Celebration!

✔ What is one healthy choice you made this week?

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Review!

SMART Criteria	
Specific	1. What was your SMART goal?
Measurable	2. Did you reach your SMART goal?
Actionable	
Realistic	
Timely	

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Learning Objectives

Be comfortable using your hands to measure portion sizes for foods of all kind!

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Green Zone Foods

Fruits
(strawberries, bananas, grapes, oranges...)

Vegetables
(broccoli, cauliflower, eggplant, cucumber, carrots...)

✔ **Serving size**
An overflowing handful

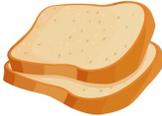
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Yellow Zone Foods

The 3 main groups of yellow foods are starches and grains, low-fat dairy, and lean meats.

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Starches



Sandwich bread



Serving size
1 slice; about the size of your palm



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Starches



Pasta, rice, noodles, oatmeal



Serving size
1 cup; about the size of your fist



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Protein



Beans



Serving size
1 cup; about the size of your fist



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Starches



Starchy Vegetables
(potatoes, corn, peas)



Serving size
One cupped hand



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Lean Meats



Chicken, pork, fish, shrimp
(baked, boiled, broiled, grilled, steamed)



Serving size
About the size of your palm
(as thick as your hand)

Egg serving size = 1 egg




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Low-fat Dairy



Low-fat cheese



Serving size
1 thumb



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Low-fat Dairy



Low-fat milk

Serving size
1 glass the height of your fist



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Milk Options

Skim milk
(0% fat)



Low-fat milk
(1% fat)





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Milk Options

Low-fat milk
(2% fat)



Low-fat nondairy
milk





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Tricky Fruits and Vegetables



Avocado, Potatoes, Corn

Serving size
First knuckle of your thumb (1 tablespoon)




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Red Zone Foods (1)



Spreads
(butter, oil, mayo, sour cream,
syrup, full-fat cheese, peanut butter)

Serving size
The tip of your thumb (1 teaspoon)




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Red Zone Foods (2)



Sweet treats (ice cream,
muffins, donuts, croissants)

Serving size
1/2 of your palm




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Red Zone Foods (3)



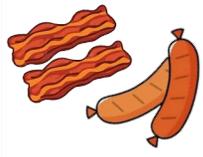
Candy

✓ Serving size
The tip of your thumb




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Red Zone Foods (4)



Breakfast meats (bacon, sausage)

✓ Serving size
1 thumb




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Activity Challenge





1. Portion your meals with your hands!

- ✓ Take a photo of your portions with your hands.
- ✓ Try this with at least 3 different types of foods.



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