


## Portions Matter: What is a serving?


Check with your health care provider about your diet,  
and always make sure to count the carbs!

### Fruits and Vegetables: 1/2 Plate

1 apple or orange (small) 

1/2 cup juice 


1/4 cup raisins = egg 


1 cup salad = baseball 

1/2 cup green beans = 1/2 baseball 




### Bread, Grains or Starch: 1/3 Plate

1/2 cup cooked rice = 1/2 baseball 


1/2 cup cooked beans or corn = 1/2 baseball 

1 baked potato = a fist 

1 small corn tortilla 


1 cup dry cereal = a fist 

### Meat, Fish or Poultry: 1/6 Plate


3 oz. = palm of the hand 


### Dairy:

1 cup lowfat milk 

1 cup lowfat yogurt 

### Also one serving:

2 Tbsp. peanut butter = golf ball 

1 1/2 oz. cheese = golf ball 

### Emergency Numbers:

Fire \_\_\_\_\_ Doctor \_\_\_\_\_

Police \_\_\_\_\_ Poison Center \_\_\_\_\_

Ambulance \_\_\_\_\_ Other \_\_\_\_\_



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