



Portion Size Guide



Grains/Starchy Vegetables/Beans

<p><i>(15g carb, 3g protein, 0-1g fat, 80 calories)</i></p> <ul style="list-style-type: none"> ½ English Muffin 1 (4-inch across) Pancake 1 (6-inch across) Tortilla 1/2-3/4 ready-to-eat cereal 1/3 c. Pasta or Rice 6 Saltine Crackers 9-13 Potato Chips 	<ul style="list-style-type: none"> 8 Animal Crackers 3 (2 ½ inch square) Graham cracker ½ cup Oatmeal 3 cups Popcorn ½ cup Corn ½ cup Peas 2/3 cup Lima beans ½ cup Beans (black, navy, kidney) ¼ (3oz) large baking potato
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Fruits/Fruit Juices

<p><i>(15g carb, 0g protein, 0g fat, 60 calories)</i></p> <ul style="list-style-type: none"> ½ Large Banana ¾ cup Blueberries/Blackberries 1 ¼ cup Strawberries 17 Grapes 1 cup Cubed Melon ½ Grapefruit 1 (4 oz) apple 2 Tbsp Raisins ½ cup 100% Orange/Apple Juice

Milk/Yogurt

<p><i>(12g carb, 8g protein, fat & calories vary)</i></p> <ul style="list-style-type: none"> 1 cup 1% or skim milk 1 cup soy milk 2/3 cup (6 oz) fat free yogurt ¾ cup low fat or regular yogurt ½ cup Evaporated whole milk 1 cup buttermilk

Meats/Meat Substitutes

<p><i>(0g carb, 7g protein, fat & calories vary)</i></p> <ul style="list-style-type: none"> 1 oz chicken breast 1 oz tuna or salmon 1 egg or ¼ cup egg substitute ¼ cup cottage cheese 1 oz low fat cheese ½ cup beans, peas, or lentils 2 Tbsp grated Parmesan 1 oz pork chop 4 oz or ½ cup Tofu
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Non-Starchy Vegetables

<p><i>(25 calories, 5g carb, 2g protein, 0g fat)</i></p> <ul style="list-style-type: none"> ½ cup cooked vegetables 1 cup raw vegetables
<p>Fats <i>(45 calories, 5g fat)</i></p> <ul style="list-style-type: none"> 2 Tbsp Avocado 6 almonds, 10 peanuts, 2 pecans 1 tsp olive oil/mayonnaise/butter ½ Tbsp Peanut Butter 1 Tbsp regular salad dressing



Free Foods: Catsup, Salsa, 1 Tbsp fat-free dressing, Diet sodas, Sugar-free gelatin, mustard, tea, non-dairy creamer, spices, soy sauce