

# PORTION GUIDE EXAMPLES



Grilled Chicken  
3 oz.



Berries  
1/2 cup



Leafy Greens  
1/2 cup



Pita  
1/2 slice



Fish  
3-4 oz.



Mixed Greens  
1 cup



Quinoa  
1 cup



Fruit  
1/2 cup



Scrambled Eggs  
2 eggs



Whole Grain Toast  
1 slice

SIMPLE  
Measures

1 cup=  
Baseball

1/2 cup=  
Computer  
Mouse

3 OZ=  
Deck of Cards

1/2 Teaspoon=  
Dice

1 Tablespoon=  
Poker Chip