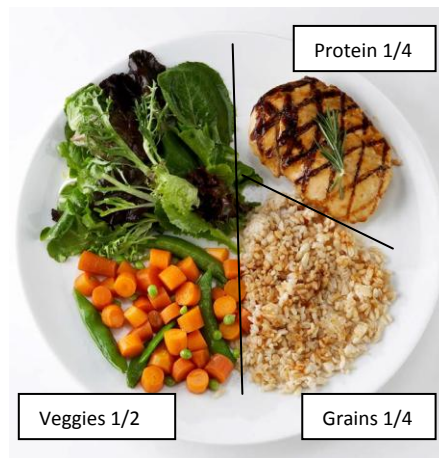


# Fight Portion Distortion

Provided By: Leslie Jefferson, Nutrition Clinic Intern

301-221-5571 for an appointment

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## Portion Size Your Plate

### 1/2 PLATE VEGETABLES:

Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

### 1/4 PLATE PROTEINS:

Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.

### 1/4 PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

## Manage your fat intake.

Add high quality, nutrient dense fats to your meals. Butter, olive, coconut oils used in the proper amounts can provide beneficial nutrients.

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## Measuring Guidelines



1cup = baseball



= 3 oz meat or fowl



= 3 oz of fish = checkbook



= pancake



Hockey puck= muffin



= 1 1/2 oz of cheese



Poker chip= 1 tbsp

fats&oils

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