

8 Portions to Remember

For Healthier Eating

1

Fruit



1 cup of chokecherries should equal the size of a baseball

2

Meat/fish



3 oz of meat/fish should equal the size of a small cell phone.

3

Pasta or rice



1/2 cup of pasta or rice should equal the size of a tennis ball.

Salad Dressing

4



1 ounce of salad dressing should equal the size of a AA battery.

5

Cheese



1 1/2 cups of cheese should equal the size of a fidget spinner.

Vegetables

6



1 cup of mashed potatoes or broccoli is about the size of a computer mouse

7

Butter or Oil



1 teaspoon of butter or oil should equal the size of your thumb tip.

Grains & Beans

8



1/2 cup of beans should equal the size of an 8 ball

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