

portion perfect

Just because a 12-ounce steak fits on your plate doesn't mean it's a single serving! In fact, restaurants often dish up three or four servings' worth of food in one entrée—and most of us aren't doing much better at home. Use our guide to get back on track.



SERVING-SIZE CHEAT SHEET

PROTEIN

4 oz beef, poultry, fish or tofu; ½ cup beans; 2 Tbsp peanut butter; 1 egg; 8 oz milk; 6 oz yogurt

CARBS

½ cup regular or whole-wheat pasta; ½ cup rice; 1 slice bread; 1 small potato; ½ cup beans; ½ cup couscous

FRUIT

1 medium-size whole fruit; ½ cup cut-up fruit; 2 Tbsp dried fruit; 4 oz 100% fruit juice; 4 oz no-sugar-added applesauce

VEGGIES

½ cup cooked vegetables; 1 cup raw vegetables; 1 cup salad

DAIRY

8 oz milk; 6 oz yogurt; 1 oz cheese; 4 oz cottage cheese

FAT

2 Tbsp salad dressing; 1 Tbsp oil; 1 tsp butter; 2 Tbsp peanut butter; 1 oz nuts

TRY IT TODAY



Give your dinner plate a balance makeover. Fill half with veggies or salad greens, one quarter with lean protein (fish, chicken, steak, etc.) and one quarter with a complex carb (sweet potato, brown rice, whole-wheat pasta).

it's about balance

At every meal, aim for 1 serving of protein, 1 to 2 servings of carbs, 2 or more servings of fruit and/or veggies, and 1 serving of fats (ideally healthy ones). For maximum staying power, snacks should include 1 serving of protein and 1 serving of carbs, and/or 1 serving of fruit/veggies. And try to work in 2 to 3 servings of dairy throughout the day. For example:

breakfast Tall skim latte (protein and dairy); 1 cup cooked plain oatmeal (carbs) with cinnamon, topped with 1 Tbsp pecans or walnuts (fat and protein) and 1 sliced banana (fruit)

morning snack 1 oz cubed Cheddar (protein, fat and dairy) with 2 large whole-grain crackers (carbs) and 1 cup red grapes (fruit)

























lunch Grilled chicken (protein) on 2 slices multigrain bread (carbs) and a side salad (veggies) with 1–2 Tbsp balsamic vinaigrette (fat)

afternoon snack 1 cup baby carrots and red bell peppers (veggies) dipped in 2 Tbsp hummus (protein and fat)

dinner 4 oz grilled salmon or pork loin (protein) with 1 cup couscous (carbs) and 1½ cups broccoli (veggies) sautéed in 1 Tbsp olive oil (fat) ▶

SIZE IT RIGHT

A guide (based on standards that most nutritionists follow) to what one serving should look like.

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TRY IT THIS MONTH

Eat one (or more) fruit or vegetable at every meal and snack. Track it by putting a check mark on your calendar for every fruit and veggie you eat for the next few weeks. Aim for 2 to 4 servings of fruit and 3 to 5 servings of veggies daily.

Eat Healthy America is a *Woman's Day* yearlong initiative designed to make eating well easy for you and your family. To learn more, check out womansday.com/eathealthy

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