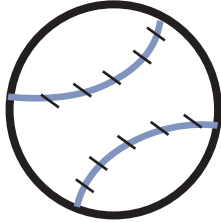
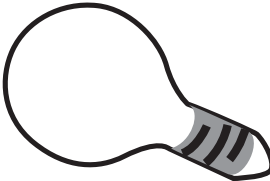
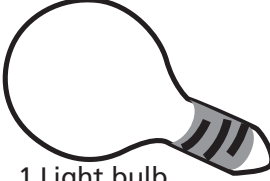
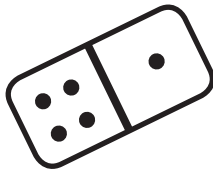



Perfect Portion

Early Childhood Health Lesson

PORTION CONTROL

Food Group	Examples	Recommended Daily Portion	Everyday Objects to Compare/ Measure
Grains	Whole grain breads, pita bread, tortillas, pasta, brown rice, hot and cold unsweetened whole grain breakfast cereals.	Everyday equivalents can help you judge serving sizes to better practice portion control. A serving of cooked macaroni is 1/2 cup. A 1/2 cup is about the size of a baseball.	 <p>1 Baseball</p>
Fruits	All fresh, frozen, canned (in juice) fruit.	One cup of mixed berries, cherries, or cubed cantaloupe equals one serving. One cup is about the size of a light bulb.	 <p>1 Light bulb</p>
Vegetables	All fresh, frozen, and canned vegetables without added fat and sauces.	A 1/2 cup of green beans, equals one serving. A 1/2 cup is about the size of a light bulb.	 <p>1 Light bulb</p>
Dairy	Fat-free or 1% reduced-fat milk; fat-free or low-fat yogurt; part skim, reduced fat, and fat-free cheese; low-fat or fat-free cottage cheese.	One serving of low-fat cheddar cheese is 2 ounces or about the size of one domino.	 <p>1 Domino</p>
Protein	Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, and grilled fish; beans; split peas; lentils; tofu; eggs.	A 3 ounce serving of fish is about the size of a deck of cards or a small box of crayons.	 <p>1 Deck of Cards</p>