



Guide to Portion Size

When it comes to portion size, it can be very challenging to figure out what's a healthy portion size. Even if you are making good healthy food choices, you can still be eating too much. Below is a guide to helping you make better choices for food portion sizes.



The steak pictured is about 4 oz. and the thickness of a deck of cards



For white fish, the portion can be the size of your hand when laid flat, including your fingers



Eating one portion of salmon a week supplies the recommended daily dose of omega-3 fatty acids



You should have vegetables with every meal and, as the picture shows, not just a couple of slices of lettuce



A pint of blueberries is 8-9 oz, which is approximately three portions—so you don't have to eat the entire pint



Twice this amount of broccoli would technically count as two of your five servings a day



Any fat—butter, oil, and nut butters (shown here)—should be no bigger than a teaspoon, or the size of your thumb



A healthy portion of nuts is what can be held in a cupped palm. 'Try to eat nuts and seeds one by one'



Cheese should be no longer than the length and depth of both thumbs



This potato is roughly 6 oz. and 175 calories—baking potatoes can be twice as big—so think about sharing



Some Carbs are needed for energy and fiber, should make up only one quarter of your plate



A piece of chocolate the size of your index finger is approximately 100 calories