# HEALTHY PORTIONS

## PROTEIN

Five and a half ounces of protein per day or one ounce of protein per serving. Example of serving size:
1/4 cup cooked beans
One egg or two egg whites

## GRAINS

Whole grain products instead of refined. Six servings per day. Example of serving size:
One slice of bread
1/2 cup of rice


## DAIRY

Low-fat and fat free. Three servings per day. Examples of one serving:
1 cup of milk
1 oz of cheese

## FRUITS

Wide variety of fruits. Two servings per day. Example of one serving:
One medium whole fruit
1 cup 100% fruit juice

## VEGETABLES

Wide variety of vegetables. Two and a half per day. Examples of one serving:
2 cups of raw leafy greens
1 cup cut up vegetables

## FATS AND OIL

Liquid plant oils instead of tropical oils and animal fats. 3 tbsp of fat and oil per day. Example of one serving:
1 tbsp soft margarine
1 tbsp low-fat mayonnaise