

A balanced diet, with [HEALTHY PORTION SIZES] is one of the best ways to prevent heart disease.

### Grains

#### 3 to 4 ounces a day

ONE OUNCE IS:

- 1 slice of bread
- 1/2 English muffin
- 1 cup cereal flakes
- 1/2 cup cooked rice, pasta or cereal
- 1 mini bagel or small pancake
- 3 cups popped popcorn

### Vegetables

#### 2 to 3 servings a day

ONE SERVING IS:

- 1 cup raw or cooked non-leafy vegetables
- 2 cups leafy greens
- 1 cup vegetable juice
- 1 medium potato
- 1 large ear of corn

### Fruit

#### 1½ to 2 servings a day

ONE SERVING IS:

- 1 small apple, medium grapefruit, or large orange or banana
- 1 cup cut-up fruit
- 1 cup applesauce
- 1/2 cup dried fruit (raisins, prunes, apricots)

### Dairy

#### 3 servings a day

ONE SERVING IS:

- 1 cup milk or soy milk
- 1 cup yogurt
- 1½ oz cheese = 4 dice
- 2 slices American cheese

### Meat & Beans

#### 5 to 6½ ounces a day

- 3 oz any meat or fish = deck of cards or checkbook
- 2 oz = 7 medium shrimp
- 1 oz = 1 egg
- 2 oz peanut butter = 2 Tbsp
- 1/2 oz nuts = 12 almonds, 24 pistachios, 7 walnut halves
- 1 oz = 1/4 cup cooked peas or beans

### Fats & Oils

#### 5 to 7 tsp a day

- 1 teaspoon oil = quarter-sized puddle
- 1 teaspoon margarine or mayonnaise = 1 die

### ESTIMATING PORTIONS



1 cup =  
baseball



1/2 cup =  
lightbulb



Serving of  
cheese = 4 dice



3 oz meat =  
deck of cards



2 Tbsp =  
golf ball



1 tsp =  
1 die

 **Marshfield Clinic**  
**MINISTRY HEALTH CARE**



*Two Leaders, One Leading Heart Care Team*

[www.oneheartcareteam.org](http://www.oneheartcareteam.org)

*Recommendations based on an adult who gets less than 30 minutes of moderate physical activity a day.  
Talk to your health care provider or visit [choosemyplate.gov](http://choosemyplate.gov) to determine what is appropriate for you.*