



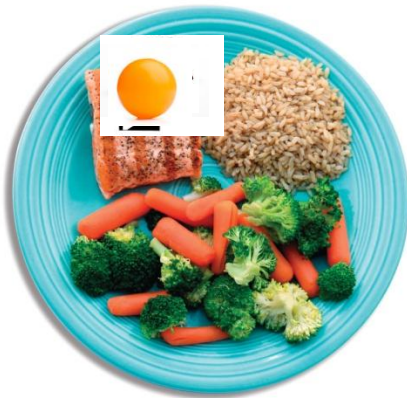
WASHINGTON HEALTH SYSTEM
Wilfred R. Cameron Wellness Center



Portion Size Matters

















½ of your plate should include fruits and/or vegetables. ¼ lean protein foods and ¼ whole grains or whole food starches.

The TLC Diet (Therapeutic Lifestyle Changes) for lowering cholesterol and improving heart health suggests the following serving amounts for each food group:



- 6 or more servings of Whole Grains, breads and cereals each day (may be adjusted based on individual calorie needs)
- 3-5 servings of vegetables, dried beans and peas each day
- 2-4 servings of fruit each day
- 2-3 servings of dairy products each day
- 2 or fewer egg yolks per week
- 5 ounces or less of meat, fish and poultry per day
- Serving of fats and oils varies depending on calorie level. For a 2000 calorie diet one would consume approximately 55 grams of fat per day. Based on the recommendations for the other food groups an individual following this calorie level would consume 3 servings of fat per day.

One Serving Looks Like:

Grain Products		Fruits & Vegetables	
1 cup of cereal flakes	 fist	1 cup of salad greens	 baseball
1 plain pancake	 compact disc	1 baked potato	 fist
1/2 cup of cooked rice, pasta, or potato	 1/2 baseball	1 medium fruit	 baseball
1 slice of bread	 cassette tape	1/2 cup fresh fruit	 1/2 baseball
1 piece of cornbread	 bar of soap	1/4 cup of raisins	 large egg
Dairy & Cheese		Meats & Alternatives	
1 1/2 oz. cheese	 4 dice	3 oz. meat, fish, & poultry	 deck of cards
1/2 cup of ice cream	 1/2 baseball	3 oz. grilled/baked fish	 checkbook
1 tsp. margarine or spreads	 1 die	2 Tbsp. peanut butter	 ping pong ball