

Largest Loser Portion Control Page

Examples	One serving equals	That's about the size of
Bread	1 ounce (1 small slice, 1/2 bagel, 1/2 bun)	Index card
Cooked Grains	1/2 cup cooked oats, rice, pasta	Billiard ball
Dry cereal	1/2 cup flakes, puffed rice, shredded wheat	Billiard ball

Fruits and Vegetables: Aim 5-9 total servings each day. Choose fresh fruits and veggies whenever possible.

Examples	One serving equals	That's about the size of
Raw fruit	1/2 cup raw, canned, frozen fruit	Billiard ball
Dried fruit	1/4 cup raisins, prunes, apricots	An egg
Juice	6 oz 100% fruit or vegetable juice	Hockey puck
Raw vegetables	1 cup leafy greens, baby carrots	Baseball
Cooked vegetables	1/2 cup cooked broccoli, potatoes	Billiard ball

Meat and Beans: Aim for 2-3 servings each day. Choose lean meats and plant proteins whenever possible.

Examples	One serving equals	That's about the size of
Meat & Tofu	2-3 oz cooked beef, poultry, fish, tofu	Deck of cards
Beans	1/2 cup cooked beans, split peas, legumes	Billiard ball
Nuts & Seeds	2 Tbsp nuts, seeds, or nut butters	Ping pong ball

Dairy: Aim for 2-3 servings of calcium-rich foods each day. Choose low- or non-fat products whenever possible.

Examples	One serving equals	That's about the size of
Cheese	1 ounce or 1 thin slice of cheese	A pair of dice
Milk	1 cup milk, yogurt, soy milk	Baseball

Fats & Oils: Eat fats and oils sparingly and in small portions. Choose heart-healthy fats whenever possible.

Examples	One serving equals	That's about the size of
Fat & Oil	1 tsp butter, margarine, oil	One die