



This tool is designed to inspire healthier well balanced meals that follow the 2010 Dietary Guidelines. It can be challenging to know how to choose the right portion size. Use this tool to help you solve the portion puzzle. Remember, food should promote wellness by helping you feel healthier and happier.

# Solve the Portion Puzzle

## SOME TIPS TO GET YOU STARTED:

- ✓ Keep an eye on portions, this tool can help!
- ✓ Serve yourself on a smaller plate. According to Dr. Wansink, author of *Mindless Eating* and director of the Cornell Food and Brand Lab, moving from a 12" to a 10" dinner plate leads people to serve and eat 22% less.
- ✓ Aim for 20 minutes of cooking prep-time or less.
- ✓ Look for recipes that call for no more than 6–8 ingredients — not including spices.
- ✓ Make a list of ingredients before visiting your local grocery store to stay on budget and avoid buying unnecessary foods.
- ✓ Don't forget to snack. Smart snacking keeps you energized throughout the day and keeps food cravings in line. A serving of walnuts (1 ounce; 1/4 cup; 14 halves) is a perfect portable snack to help those hunger pangs.

## PORTIONS: USE YOUR EYE FOR PORTION SIZE

### WHOLE GRAINS

- 1 cup of dry cereal = a tennis ball
- 1 pancake = compact disc
- 1 slice of bread = cassette tape

### FRUITS & VEGETABLES

- 1 baked potato = computer mouse
- 1 cup of green salad = baseball

### MEATS, FISH & NUTS

- 3 oz grilled/baked fish = checkbook
- 3 oz tofu = deck of cards
- 1 oz of walnuts = a handful

### DAIRY

- 1 cup of yogurt = baseball
- 1/2 cup of ice cream = lightbulb

### FATS, OILS & TREATS

- 1 brownie = package of dental floss
- 1 tbsp of butter = poker chip

FOR GREAT TASTING AND EASY RECIPES VISIT [WWW.WALNUTS.ORG](http://WWW.WALNUTS.ORG)



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1 oz of  
**cheese**  
= a domino



1oz serving of  
**walnuts**  
= a handful



# *Use your eye for portion size*

1/2 cup of  
**cooked pasta**  
= 1/2 of a baseball



1/2 cup of **fruits**  
OR **veggies**  
= a computer mouse



3 oz serving of

**chicken**  
= a deck of cards

