



simply healthy

from your Hannaford Dietitian

Size it Up! Getting your portion in proportion

Learning correct portion sizes is the key to building a perfectly balanced plate. Having a mental image of these objects helps determine normal serving sizes. Estimating portion sizes will get you started toward a healthier path to consuming the correct serving size of your favorite foods.



Dairy

1 serving of ice cream = 1/2 cup or a tennis ball



1 serving of cheese = 1 ounce or one die



Protein

1 serving of meat, poultry or seafood = 3 ounces or a deck of cards



2 Tbsp nut butter = a golf ball



Veggies

1 serving of veggies = 1 cup or the size of your fist or a baseball



Fruit

1 serving of fruit = an apple, orange or a computer mouse



Grains

1/2 a medium whole wheat bagel = a hockey puck



1 portion of whole grain pasta is 1/2 cup = 1/2 a baseball



Interested in learning more? Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian