



Tips for Healthy Eating & Healthy Portions



Healthier foods are more nutrient-rich and provide lots of vitamins and minerals.

Examples of Healthy Foods

- Colorful fruits and vegetables (fresh, frozen or canned)
- Lean meat, skinless poultry, fish, eggs, canned beans, and nuts
- Fiber-rich whole grain foods
- Milk, cheese, and yogurt

TIP

For healthy recipes go to
CookingMatters.org/recipes

Tips to Help You Eat Healthy

- Start with one portion of each food on your plate. If you are still hungry, you can always get more.
- Check the serving size on packaged foods for guidance on portion size.
- Mix more nutritious foods into less nutritious ones.
 - » For example: mix plain yogurt into flavored yogurt
- Make your own version of favorite foods.
 - » For example: pizza with whole wheat dough and vegetables on top
- Eat regularly throughout the day; this helps keep you from getting too hungry.
- Be prepared with healthy on-the-go options for snacks or lunches: whole or dried fruit, nuts, hard boiled eggs, cheese sticks, yogurt cups, fresh vegetables and single-serve fruit cups in water or 100% fruit juice.



Tips for Healthy Eating & Healthy Portions

Food portions are larger than ever these days — usually much more than we need. Choose your starting portion size by relating food to everyday items.

Adults



An adult serving of meat, fish, or poultry is equal to a deck of cards or the palm of one's hand



An adult serving of fruit or vegetables is about the size of a baseball or a fist



A serving of grains is roughly tennis-ball-sized



An adult serving of nut/seed butter or salad dressing is about the size of one's thumb

TIP

Use the USDA MyPlate model to create a balanced plate. Fill half of your plate with vegetables and/or fruit, a quarter with protein, and a quarter with grain, preferably a whole grain.

