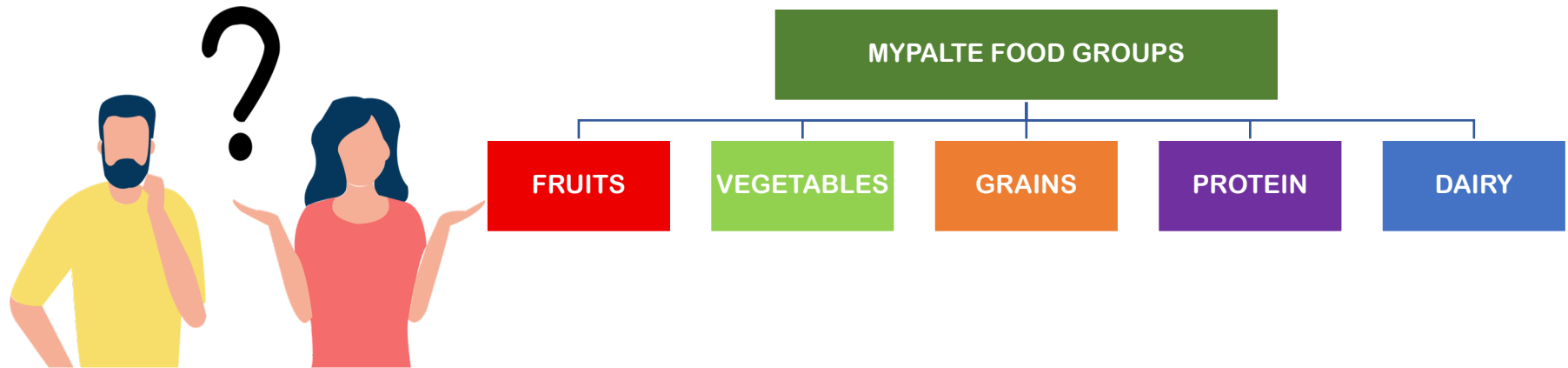


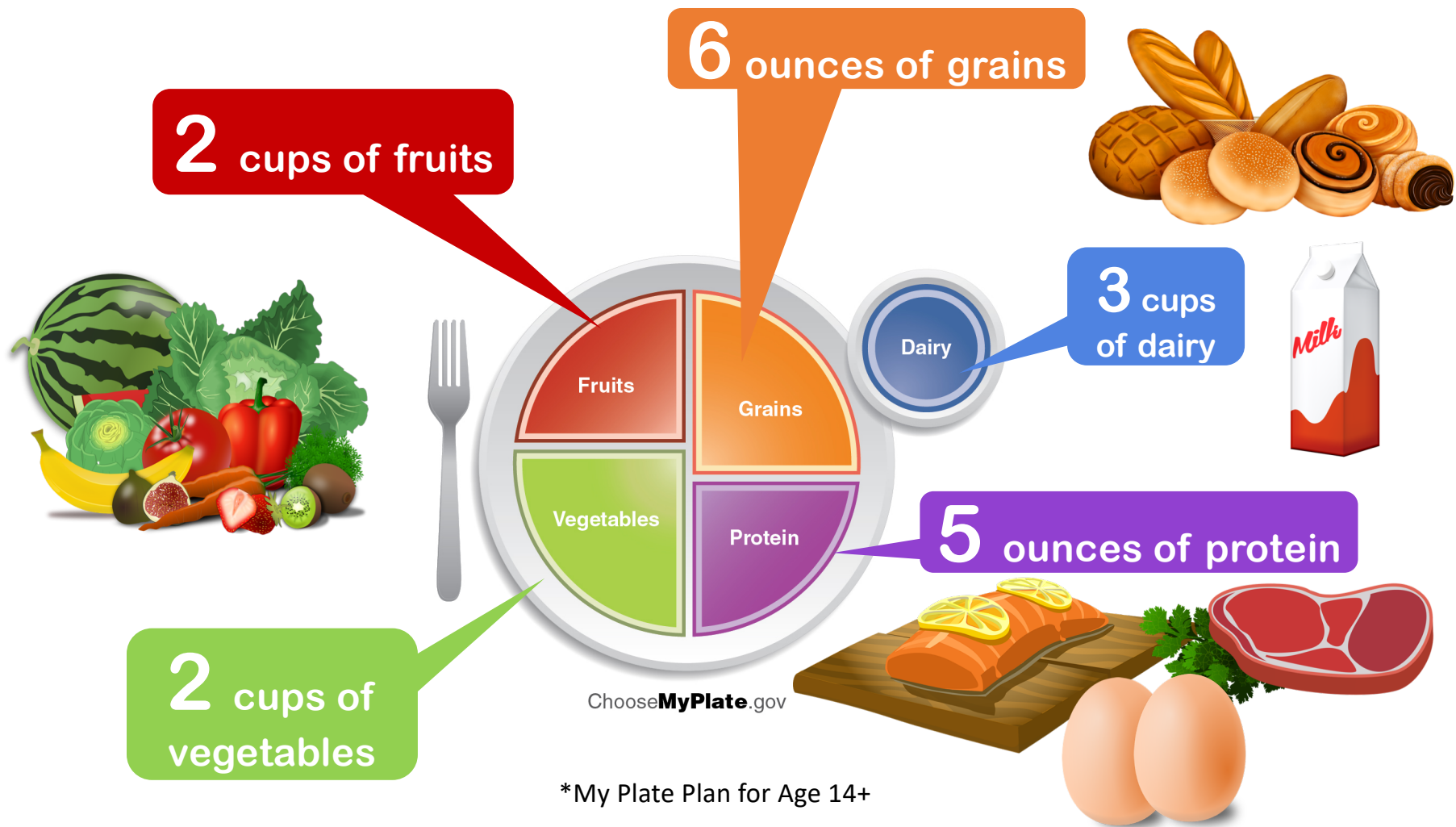
**What Should
My Plate look like?**



WHAT IS
MYPLATE?

MyPlate is a nutrition guide published by United States Department of Agriculture (USDA) to help people build healthy eating habits. It identifies proportions for the five food groups:





**BUT, HOW DO WE
MEASURE
PORTION SIZES?**



The secret to serving size is in your hand.



A fist or cupped hand = 1 cup

1 cup = 1½-2 servings of fruit juice
1 oz. of cold cereal
2 oz. of cooked cereal, rice or pasta
8 oz. of milk or yogurt

A thumb = 1 oz. of cheese

Consuming low-fat cheese helps you meet the required servings from the milk, yogurt and cheese group.
1½ oz. of low-fat cheese counts as 8 oz. of milk or yogurt.



Handful = 1-2 oz. of snack food

Snacking can add up.
Remember, 1 handful equals 1 oz. of nuts and small candies.
For chips and pretzels, 2 handfuls equal 1 oz.



Palm = 3 oz. of meat

Choose lean poultry, fish, shellfish and beef. One palm size portion equals 3 oz. for an adult and 1½-2 oz. for a child under 5.

Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.



1 tennis ball = ½ cup of fruit and vegetables

Healthy diets include a variety of colorful fruits and vegetables every day.

Because hand sizes vary, compare your fist size to an actual measuring cup.

Iowa WIC Program - Iowa Department of Public Health - 2007
Adapted from North Carolina Nutrition Network

References

- MyPlate Plan: 2000 calories, Age 14+. (n.d.). Retrieved August 05, 2020, from https://www.choosemyplate.gov/resources/MyPlatePlan/MyPlatePlan_2000cals_Age14plus
- The secret to serving size is in your hand. (n.d.). Retrieved August 5, 2020, from https://idph.iowa.gov/Portals/1/Files/WIC/svg_size_english.pdf