

Portion Size Guide for Teens

When you want to eat healthy, it's important to keep track of what's on your plate so you don't eat more than you should.

















When you're putting food on your plate, you can think of everyday objects to remind you of the right amount of food to serve yourself.

Match the food with the right-size portion. Draw a line between the food and the object that corresponds to the right-size portion. See how close you got by checking the Answer Key page. Page 4 is a handy poster you can hang on your fridge as a reminder of the right portion sizes.

Want some more tips to help you eat the right amount?















- Put one serving in a bowl and put the box away. You could eat too much if you eat out of the box or bag.
- Wait 20 minutes before going back for seconds. It takes that long for your belly to tell your brain that you're full.
- If you're hungry, go sit down at the table and focus on your food. Don't snack in front of the TV or while you're studying.
- Hungry? Try drinking some water. You may just be thirsty, and soda or sport drinks don't quench thirst and can have unhealthy added sugars.

Portion Size Guide

VEGETABLES	1 cup veggies		
	Baked potato or sweet potato		
	Apple		
FRUITS	1/2 cup grapes		
	3 ounces meat		
PROTEIN	2 tablespoons peanut butter		
	1 and 1/2 ounces of cheese		
DAIRY	1 cup cereal		
	3 cups popcorn		
GRAINS	1 cookie		
	1/2 cup ice cream		
DESSERT	1 pizza slice		
	1 ounce chips		
SNACKS	1/4 cup peanuts		

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Draw a line between the food and the object that corresponds to the right-size portion.

	FOOD	A HEALTHY PORTION SIZE		FOOD
VEGETABLES	1 cup veggies			Baked potato or sweet potato
FRUITS	Apple			1/2 cup grapes
PROTEIN	3 ounces meat			2 tablespoons peanut butter
DAIRY	1 and 1/2 ounces of cheese			
GRAINS	1 cup cereal			3 cups popcorn
DESSERT	1 cookie			1/2 cup ice cream
SNACKS	1 pizza slice			1 ounce chips 1/4 cup peanuts