

MAY

The Handy Guide

to

SERVING SIZE

DAIRY

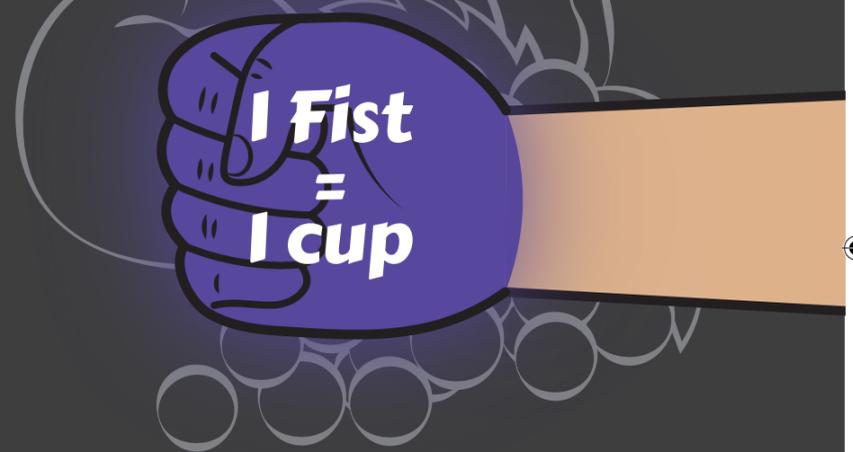
- Milk
- Yogurt



Use your hand as an approximate measure to find the PERFECT PORTION SIZE!

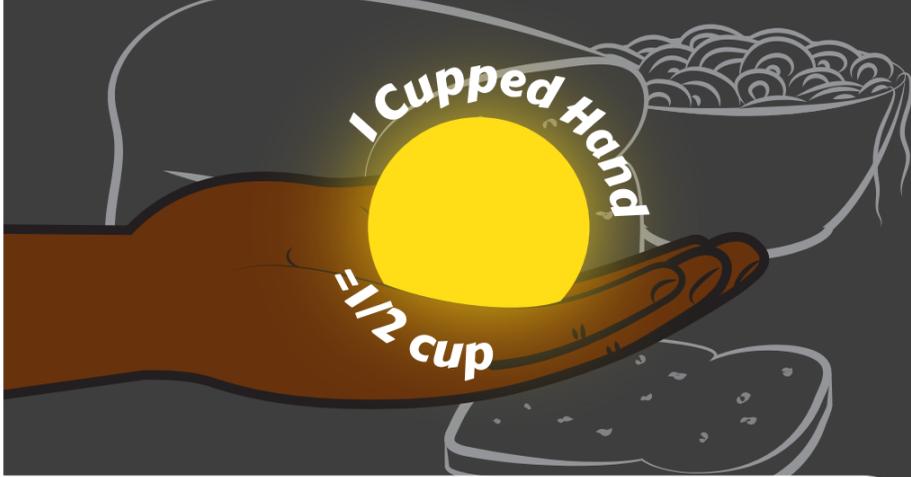
FRUITS

- Apples
- Berries
- Bananas



GRAINS

- Wheat Bread
- Pasta
- Rice



VEGETABLES

- Greens
- Carrots
- Broccoli



PROTEIN

- Poultry
- Fish
- Pork



Everyone's hands are different, so this isn't an exact measurement—but it's a good place to start! For more information on serving sizes and healthy eating, visit www.choosemyplate.gov

