

HEALTHY PORTION SIZES

COOKED MEATS



1 serving size = 3 ounces

BUTTER AND OILS



1 serving size = 1 teaspoon

RICE AND CEREAL



1 serving size = 3/4 cup

PEANUT BUTTER



1 serving size = 2 Tablespoons

COOKED PASTA



1 serving size = 1 cup

DRIED NUTS AND FRUIT



1 serving size = 1/4 cup

CHEESE



1 serving size = 1.5 ounces

FRUIT



1 serving size = 1/2 cup

VEGETABLES



1 serving size = 1 cup

TAMAÑOS DE PORCIONES SALUDABLES

CARNES COCINADAS



1 PORCIÓN = 3 ONZAS

MANTEQUILLA Y ACEITES



1 PORCIÓN = 1 CUCHARADITA

ARROZ Y CEREALES



1 PORCIÓN = 3/4 DE TAZA

CREMA DE CACAHUATE



1 PORCIÓN = 2 CUCHARADAS

PASTA COCINADA



1 PORCIÓN = 1 TAZA

NUECES Y FRUTAS SECAS



1 PORCIÓN = 1/4 DE TAZA

QUESO



1 PORCIÓN = 1.5 ONZAS

FRUTA



1 PORCIÓN = 1/2 TAZA

VEGETALES



1 PORCIÓN = 1 TAZA