Basic Portion Sizes

Fruits

1 medium orange
1 medium apple
1/2 banana
3/4 pineapple
1 cup of berries



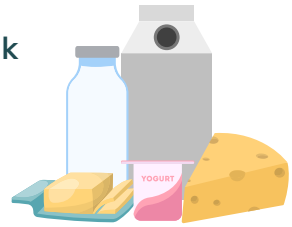
Fats

1 tsp vegetable oil
1/4 cup nuts
1 tsp mayonnaise
1/4 medium avocado
1 tbsp butter



Dairy

1 cup of low-fat milk
1 oz of cheese
3/4 cup of yogurt
1/2 cup of
cottage cheese



Vegetables

1/2 cup of
cooked vegetables
1 cup of
raw vegetables



Protein

3 oz of your
choice of protein

Examples:
Chicken breast,
fish,
eggs,
lean turkey,
and beef



Grains

1/3 cup of cooked rice
or pasta
1/2 cup dry oatmeal
1/2 cup wild rice
1 slice of bread
6 saltine crackers
1/2 cup cooked potatoes



CENTRAL HEALTH
TRAVIS COUNTY HOSPITAL DISTRICT