

Handout 2

PORTION SIZE GUIDELINES

HOW MANY SERVINGS A DAY?

The *Food Guide Pyramid* recommends that servings from the Meat, Poultry, Fish, Dry Beans, Eggs and Nuts group be limited to about two to three servings per day, or the equivalent of five to seven ounces.

WHAT COUNTS AS A SERVING?

A serving is defined as two to three ounces of cooked lean meat, poultry or fish. Estimates for other foods are: four ounces of boneless, trimmed and skinless poultry; three ounces of cooked meat, fish or poultry; one cup of cooked dry beans; one egg or two tablespoons of peanut butter count as one ounce of lean meat.



THE THREE-OUNCE RULES OF THUMB

- A three-ounce cooked serving is about the same size as a deck of cards.