

Portion Size Chart

It is all too easy to misjudge correct portion sizes. By serving the right amount of food, caregivers can ensure that clients are meeting their nutritional needs. Below is a **general** meal pattern guide that helps estimate right portions. Please consult a physician or dietitian for specific details.

Food Groups

GRAIN GROUP: include foods from wheat, rice, oats, cornmeal, barley, bread, & pasta,

1 oz grain counts as: 1 slice of bread, 6" tortilla, ¼ -1 cup ready-to-eat cereal, 1/2 c cooked cereal, rice or pasta

FRUIT GROUP: include fresh, juiced, frozen, canned and dried fruits;

1 cup counts as: 1 medium fruit (size of a baseball), 1 cup cut fruit, ½ cup juice or 1/4 cup dried fruit

VEGETABLES GROUP: include fresh, juiced, frozen, canned and dried vegetable

1 cup counts as: 1 cup raw or cooked vegetables, 2 cups leafy salads, or 1 cup 100% vegetables juice

PROTEIN GROUP: include meat, poultry, seafood, eggs, soy products, nuts, and seeds;

1 oz count as: 1 oz lean meat, poultry, or seafood, 1 egg, ¼ c cooked beans or tofu, 1 Tb peanut butter, ½ oz nuts or seeds

DAIRY GROUP: include Dairy, yogurt, and cheese;

1 cup counts as: 1 cup Dairy, fortified Dairy alternative (soy/rice/almond), 1 ½ oz natural cheese, 2 oz processed cheese, ½ cottage cheese

Meal Patterns

Portion Diet	Breakfast	Lunch	Dinner	Snack
Regular 2000-2500 cal	Dairy: 1 c Fruit/Veg: 1 c Grain: 2 oz. Protein: 1-2 oz	Dairy: 1 c Fruit: ½ - 1 c Veg: 1 c Grains: 2 oz. Protein: 3 oz.	Dairy: 1 c Fruit: ½-1 c Veg: 1 c Grains: 2 oz. Protein: 3 oz.	Dairy: 1 c Fruit: ½ c Veg: ½ cup Grain: 1 oz. Protein: 1 oz.
Small 1000-1500 cal	Dairy: ½-1 c Fruit/Veg: ½ c Grain: 1 oz. Protein: 1 oz.	Dairy: ½ c Fruit: ½ c Veg: ½-1 c Grains: 1 oz Protein: 2 oz.	Dairy: ½ c Fruit: ½ c Veg: ½-1 c Grains: 1 oz. Protein: 2 oz.	Dairy: ½ c Fruit: ½ c Veg.: ½ c Grain: 1 oz. Protein: 1 oz.
Small Plus 1500-2000 cal	Dairy: 1 c Fruit/Veg: ½ c Grain: 1 oz. Protein: 1 oz.	Dairy: 1 c Fruit: ½ c Veg: 1c Grains: 2 oz Protein: 3 oz.	Dairy: 1 c Fruit: ½ c Veg: 1 c Grains: 1 oz. Protein: 3 oz.	Dairy: ½ c Fruit: ½ c Veg: ½ c Grain: 1 oz. Protein: 1 oz.
Large 3000-3500 cal	Dairy: 1 c Fruit/Veg: 1.5 c Grain: 3 oz. Protein: 2 oz	Dairy: 1.5 c Fruit: 1.5 c Veg: 1.5 c Grains: 3 oz. Protein: 4-5 oz.	Dairy: 1.5 c Fruit: 1.5 c Veg: 1.5 c Grains: 3 oz. Protein: 4-5 oz.	Dairy: 1 c Fruit: 1 c Veg: 1 c Grain: 2 oz. Protein: 2oz.
Extra Large 4000-4500 cal	Dairy: 1 c Fruit/Veg: 1 c Grain: 4 oz. Protein: 3 oz	Dairy: 1 c Fruit: 2 c Veg: 2 c Grains: 4 oz. Protein: 6 oz.	Dairy: 1 c Fruit: 2 c Veg: 2 c Grains: 4 oz. Protein: 6 oz.	Dairy: 1 c Fruit: 1 c Veg: 1 c Grain: 2 oz. Protein: 2 oz.

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General Tips For Incorporating Portion Size Order

Food	Regular	Small	Large
Bread	2 slices	1 slice	3 slices
6" Tortilla	2 pieces	1 piece	3 pieces
Rice/Pasta	1 cup (4 oz x 2)	½ cup (4 oz x 1)	1.5 cups (4 oz x 3)
Hot Cereal	1 cup (4 oz x 2)	½ cup (4 oz x 1)	1.5 cups (4 oz x 3)
Cold Cereal	1 cup (4 oz x 2)	2/3 cup	1.5 cups (4 oz x 3)
Deli Meats	3 oz	2 oz	4-6 oz
Meats/Fish/Poultry	3 oz (deck of card)	2 oz	4-6 oz
Beans	½ cup	¼ cup	1 cup
Egg	1-2 eggs	1 egg	2 eggs
Casserole(spaghetti/lasagna enchilada)	12 oz (6 oz x 2)	6 oz (6 oz x 1)	18 oz (6 oz x 3)
Yogurt	6 oz	4 oz	8 oz
Cheese	1 oz	1 oz (light)	2-3 oz
Milk	8 oz	4 oz	12 oz
Juice	4 oz	4 oz (once a day)	12 oz
Fruit	1 cup (4 oz x 2)	½ cup (4 oz x 1)	1.5 cups (4 oz x 3)
Hot Vegetables	1 cup (4 oz x 2)	½ cup (4 oz x 1)	1.5 cups (4 oz x 3)
Raw Vegetables	1 cup (4 oz x 2)	1 cup (4 oz x 2)	2 cups (4 oz x 4)
Dressing/Sauces	2 Tablespoon	1 Tablespoon	4 Tablespoon
Oil/Butter/Margarine	1 Tablespoon	1 teaspoon	2 Tablespoon
Ice Cream	½ cup	¼ cup	1 cup

Shopping List For Accurate Measuring

- 4 oz spoodle (½ cup); 6 oz spoodle (¾ cup.)
- #8 Scoop (½ cup, 4 oz in wt.); #6 Scoop (6 oz Casserole Dish)
- Kitchen Scale
- Measuring Cups for Solids; Measuring Cups for Liquids; Measuring Spoons
- 9" Plate (Regular Diet)
- 7" Plate (Small Diet)
- 11" Plate (Large Diet)