

The Portion Proportion Placemat

You Have the Power to Choose!

The first step in eating right is knowing how much you should eat from each MyPyramid food group.

This photo shows a well-balanced meal. Many times, a photograph will show portions that are too big for one person. The Portion Proportion Placemat shows amounts more properly suited for individual needs. Remember: The portion amounts shown here are per meal, not per day!*

Each color around the rim of the plate represents a MyPyramid food group. Compare the amounts and types of foods on the plate. Which food groups are represented the most?

On the back of the placemat, use the MyPyramid colors to choose food items to create your own meal!



Include one serving of MILK



**The Portion Proportion Placemat consists of portion sizes an average school-aged student may have as one balanced meal. To create a personalized food plan based on your age and nutritional needs, please visit www.MyPyramid.gov.*

For important nutrition information visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.



For an 1,800 calorie diet, you need the amounts below from each of these five MyPyramid food groups.
To find out what's right for you, go to www.MyPyramid.gov.

Grains

Make half your grains whole!

Eat 6 ounces every day.

1 ounce equals:

- 1 slice of bread
- or 1/2 cup of cooked rice, pasta or oatmeal
- or 1 cup of ready-to-eat cereal

- **brown rice**
- **popcorn**
- **whole-grain bread**
- biscuit
- corn tortilla
- cracker
- flour tortilla
- hamburger bun
- hot dog bun
- muffin
- pasta or noodles
- pita bread
- white bread
- white rice



= 1 oz. bread

Did You Know?

Many of the non-bolded items in this column are also available in whole-grain versions.

Vegetables

Vary your veggies!

Eat 2½ cups every day.

1 cup equals:

- 1 cup of raw or cooked vegetables
- or 100% vegetable juice
- or 2 cups of raw, leafy greens

- **asparagus**
- **baked potato**
- **bok choy**
- **broccoli**
- **cabbage**
- **carrot**
- **cauliflower**
- **celery**
- **collard greens**
- **corn**
- **cucumber**
- **green beans**
- **green or red pepper**
- **lettuce**
- **mixed vegetables**
- **mushroom**
- **okra**
- **peas**
- **salsa**
- **spinach**
- **squash**
- **sweet potato**
- **tomato**
- **zucchini**
- french fries
- fried vegetables
- hash browns



= 1 cup vegetables

Fruits

Focus on fruits!

Eat 1½ cups every day.

1 cup equals:

- 1 cup of fruit
- or 1/2 cup of dried fruit
- or 1 cup of 100% fruit juice

- **apple**
- **apricot**
- **banana**
- **blueberry**
- **canned fruit in juice**
- **cantaloupe**
- **cherry**
- **grapefruit**
- **grape**
- **honeydew melon**
- **kiwi**
- **mango**
- **orange**
- **papaya**
- **peach**
- **pear**
- **pineapple**
- **plum**
- **tangerine**
- **watermelon**
- avocado
- canned fruit in syrup
- 100% fruit juice
- raisins



= 1 cup fruit

Milk

Get your calcium-rich foods!

Eat 3 cups every day.

1 cup equals:

- 1 cup of low-fat milk or yogurt
- or 1½ ounces of natural cheese
- or 2 ounces of processed cheese

- **fat-free milk**
- **low-fat cottage cheese**
- **low-fat cheese**
- **mozzarella cheese**
- **non-fat yogurt**
- **string cheese**
- American cheese
- frozen yogurt
- ice cream
- pudding/flan
- whole milk

It's a Fact!

Many dairy foods are high in calcium and potassium, as well as vitamins A and D!

Meat & Beans

Go lean on protein!

Eat 5 ounces every day.

1 ounce equals:

- 1 ounce of lean meat, poultry or fish
- or 1/4 cup of cooked, dry beans
- or 1 tablespoon of peanut butter
- or 1 egg
- or 1/2 ounce of nuts or seeds

- **black beans**
- **broiled fish**
- **carne asada**
- **crab**
- **egg**
- **ground beef**
- **lean beef steak**
- **lean lunch meat**
- **lean pork**
- **lentils**
- **lobster**
- **pinto beans**
- **shredded beef**
- **shrimp**
- **skinless chicken**
- **tofu**
- **tuna fish**
- **turkey**
- carnitas
- chicken nuggets
- chorizo
- fish sticks
- fried chicken
- fried fish
- ham
- hot dog
- peanut butter
- refried beans
- ribs



= 3 oz. lean meat

Combination Foods

These are foods made up of more than one food group.

- bean burrito
- cheeseburger
- chicken chow mein
- chicken noodle soup
- chili con carne
- fried rice
- grilled cheese sandwich
- ham and cheese sandwich
- macaroni and cheese
- omelet
- pizza
- spaghetti and meat sauce
- taco

Make a List!

Can you list all the individual foods found in each item above?