Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don’t count.

Eat plenty of fruits of all colors.

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

VEGETABLES

GRAINS

FRUITS

HEALTHY PROTEIN
Portion Sizes
This portion size guide can help you identify how much is on the plate without having to measure out your portions.

One palm of your hand can be used to estimate protein. 1 palm is about a 3 oz. serving of protein. Examples of what you could measure a 3 oz. serving include:
- Pork
- Poultry
- Beef
- Fish
- Chicken

One fist is a great way to measure carbohydrates. You can use this tool when measuring carbs such as:
- Rice
- Cereals
- Salads
- Fruits
- Popcorn

The tip of a thumb is equal to a serving of 1 tablespoon. This tool is used when measuring fat intake such as:
- Mayonnaise
- Cheese
- Salad dressings
- Creams
- Peanut butter
- Olive oil
- Butter

One hand cupped is equivalent to a 1/2 cup serving. You can use this tool for measuring food items such as:
- Pastas
- Potatoes
- Nuts
- Ice cream

Other At Home Ways of Measuring: There are many other resources you can use to measure aside from your hand or an actual measuring cup.
- A deck of cards = 3 oz serving of protein
- A softball = 2 cups
- A baseball = 1 cup
- A tennis ball = 1/2 cup
- A golf ball = 2 tablespoons