Lindenwood University
Exercise, Nutrition and Performance Laboratory

Name/Subject ID _____ Day 1 2 3 4

INSTRUCTIONS

1. Record everything you eat for 4 days (including one weekend day). If you eat pretzels, record how many. If you eat a bag of chips, record the number of ounces. For drinks, record the number of cups or ounces. Record everything you drink except water.
2. Record the Food, Amount, Brand Name, and Preparation Methods. For example: baked vs. fried chicken; 1 cup of rice; 2 teaspoons of margarine; 1 cup of 2% milk; McDonald's, Healthy Choice, or Frosted Flakes.
3. Record immediately after eating. Waiting until that night may make it difficult to remember all foods and quantities.
4. **BE VERY SPECIFIC!** A turkey sandwich contains turkey (how many slices?), mayo/mustard (how much?), bread (what kind/how many slices?), cheese (what kind/how many slices?), lettuce, tomatoes, avocado, etc, etc.
5. Use the portion size comparison to better estimate quantity. **The more detailed you are, the better information we can give you back.**

Food (include brand)	Method of Preparation	Quantity (cups, oz., no.)
BREAKFAST:		
LUNCH		
DINNER		
SNACKS		

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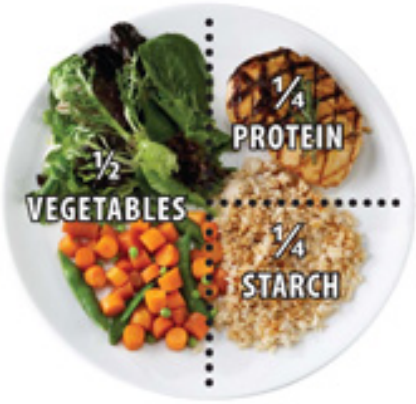
WebMD Portion Size Guide

When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all too easy to misjudge correct portion sizes. Here are some easy comparisons to help you figure out how many servings are on your plate.



PORTION SIZE YOUR PLATE

½ PLATE VEGETABLES:

Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

¼ PLATE PROTEINS:

Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.

¼ PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

BASIC GUIDELINES

1 cup = baseball

½ cup = lightbulb

1 oz or 2 tbsp = golf ball

1 tbsp = poker chip

1 slice of bread = cassette tape

3 oz chicken or meat = deck of cards

3 oz fish = checkbook

1 oz lunch meat = compact disc

3 oz muffin or biscuit = hockey puck

1½ oz cheese = 3 dice

GRAINS

- 1 cup of cereal flakes = baseball
- 1 pancake = compact disc
- ½ cup of cooked rice = lightbulb
- ½ cup cooked pasta = lightbulb
- 1 slice of bread = cassette tape
- 1 bagel = 6 oz can of tuna
- 3 cups popcorn = 3 baseballs

FRUITS & VEGETABLES

- 1 medium fruit = baseball
- ½ cup grapes = about 16 grapes
- 1 cup strawberries = about 12 berries
- 1 cup of salad greens = baseball
- 1 cup carrots = about 12 baby carrots
- 1 cup cooked vegetables = baseball
- 1 baked potato = computer mouse

MEATS, FISH & NUTS

- 3 oz lean meat & poultry = deck of cards
- 3 oz grilled/baked fish = checkbook
- 3 oz tofu = deck of cards
- 2 tbsp peanut butter = golf ball
- 2 tbsp hummus = golf ball
- ¼ cup almonds = 12 almonds
- ¼ cup pistachios = 24 pistachios

DAIRY & CHEESE

- 1½ oz cheese = 3 stacked dice
- 1 cup yogurt = baseball
- ½ cup frozen yogurt = lightbulb
- ½ cup ice cream = lightbulb

FATS & OILS

- 1 tbsp butter or spread = poker chip
- 1 tbsp salad dressing = poker chip
- 1 tbsp mayonnaise = poker chip
- 1 tbsp oil = poker chip

SWEETS & TREATS

- 1 piece chocolate = dental floss package
- 1 brownie = dental floss package
- 1 slice of cake = deck of cards
- 1 cookie = about 2 poker chips

SOURCE: Kathleen Zelman, MPH, RD, LD, Director of Nutrition for WebMD. Reviewed on November 26, 2008.

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What's a healthy portion?

If you're not sure how much you should eat, everyday objects offer guidance on what makes up a healthy portion size

VEGETABLES	MEAT	PASTA	ICE CREAM	FISH	PANCAKE
1 cup = Baseball	3 ounces = Deck of cards	½ cup = Tennis ball	½ cup = Two golf balls	3 ounces = Checkbook	4-inch compact disc

BAKED POTATO	CHEESE	MUFFIN	BUTTER	PEANUT BUTTER	BAGEL
Computer mouse	1½ ounces = Four stacked dice	A large egg or light bulb	1 teaspoon = Thumb tip	2 tablespoons = Ping-pong ball	Hockey puck

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- 1 tbsp salad dressing = poker chip
- 1 tbsp mayonnaise = poker chip
- 1 tbsp oil = poker chip

Fold Here

Fold Here

WebMD Portion Size Guide

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- 1 cup cooked vegetables = baseball
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- 3 oz fish = checkbook
- 3 oz tofu = deck of cards
- 2 tbsp peanut butter = golf ball
- 2 tbsp hummus = golf ball
- ¼ cup almonds = 23 almonds
- ¼ cup pistachios = 24 pistachios

MIXED DISHES

- 1 hamburger (without bun) = deck of cards
- 1 cup fries = about 10 fries
- 4 oz nachos = about 7 chips
- 3 oz meatloaf = deck of cards
- 1 cup chili = baseball
- 1 sub sandwich = about 6 inches
- 1 burrito = about 6 inches