

Serving Portion Visual Guide

People with wounds need to give extra attention to eating a healthy, nutrient-dense diet. When choosing foods, it is important to think about serving portions so that you do not eat too much or too little. Use this guide to help determine portion sizes when you are preparing meals and snacks.

	3 OZ MEAT	=	1 DECK OF CARDS			1 MEDIUM FRUIT	=	1 BASEBALL	
	1 OZ CHEESE	=	1 DOMINO			2 TBSP PEANUT BUTTER	=	1 GOLF BALL	
	1 CUP COOKED RICE	=	1 TENNIS BALL			1 TSP BUTTER	=	1 DIE	
	1 SMALL BAKED POTATO	=	1 COMPUTER MOUSE			1 OZ CHOCOLATE	=	1 PACK DENTAL FLOSS	
	1 OZ COOKED PASTA	=	1 CUPCAKE WRAPPER			6 OZ. BAGEL	=	1 HOCKEY PUCK	
	3/4 CUP BEANS	=	1 BILLIARD BALL			1/4 CUP RAISINS	=	1 LARGE EGG	

Talk to your doctor or nutritionist for recommendations on what and how much to eat, and if you have diabetes, choose foods in portions that will help control your blood sugar.

For more information, call: