



Serving Size Guide

Fill at least two-thirds of your plate with plant-based foods. The other third can be animal-based.



Choose healthy portions to control your calories and reduce your cancer risk.

<ul style="list-style-type: none"> • Whole fruit • Leafy vegetables • Potatoes 	<p>1 cup (the size of a baseball)</p>	
<ul style="list-style-type: none"> • Whole grains • Chopped fruits • Chopped vegetables • Cooked beans 	<p>1/2 cup (the size of a computer mouse)</p>	
<ul style="list-style-type: none"> • Red meat • Poultry • Seafood 	<p>Three ounces (the size of a deck of cards)</p>	
<ul style="list-style-type: none"> • Nuts 	<p>1/3 cup (the size of a pool ball)</p>	
<ul style="list-style-type: none"> • Cheese 	<p>1.5 ounces (the size of four dice)</p>	