

## PORTION CONTROL FOR POSITIVE AGING

Keep these portions in mind when cooking at home and when eating out... These are generally considered to be **ONE** serving:

- 1 slice of bread (always select the whole grain breads)
- 1 bagel (size of a hockey puck, larger one is 2 servings)
- ½ cup of cooked rice or pasta
- ½ cup of mashed potatoes
- 4 small crackers or 2 large ones
- 1 medium sized-pancake or waffle (size of a computer disc)
- 2-3 small-sized cookies
- ½ cup of cooked vegetables
- 1 small baked potato (size of a computer mouse)
- Pretzels and potato chips (cupped handful)
- ¾ cup vegetable juice
- ½ cup fruit juice
- 1 medium apple or orange (about the size of a baseball)
- ½ cup fresh berries
- 1 cup low fat yogurt or milk
- 1 ½ ounces cheese (size of a pair of dice)
- 1 6-ounce chicken breast
- 1 medium-sized (6-oz) pork chop (not counting the bone)
- ¼ lb. regular hamburger patty (remember eating the bun is like two break servings)

The above listed information has been furnished by:  
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