

# SOLVE THE PORTION PUZZLE

1 oz. of  
**cheese**  
= a domino

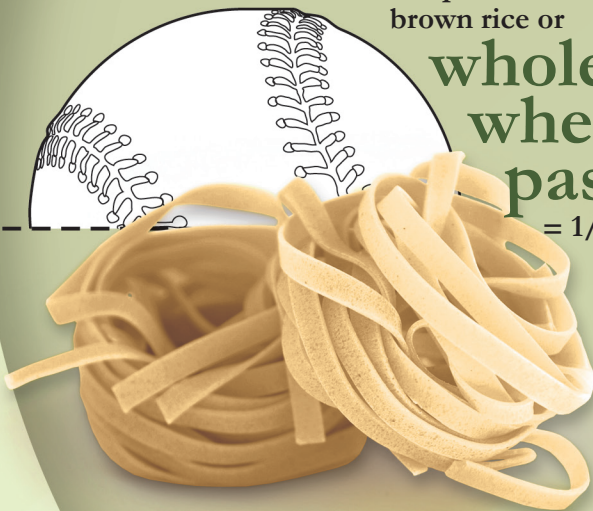


1 oz. serving of  
(12-14 halves; 1/4 cup)  
**walnuts**  
= a handful



*Use your eye for portion size*

1/2 cup of cooked  
brown rice or  
**whole  
wheat  
pasta**  
= 1/2 a baseball



1/2 cup of **fruits  
OR veggies**  
= a computer mouse



3 oz. serving of  
**chicken**  
= a deck of cards



FOR GREAT TASTING AND EASY RECIPES VISIT [WALNUTS.ORG](http://WALNUTS.ORG)

## PORTION TIPS TO GET YOU STARTED THAT FOLLOW THE 2010 DIETARY GUIDELINES:

- \* Use a smaller plate. According to Dr. Wansink, author of *Mindless Eating* and director of the Cornell Food and Brand Lab, moving from a 12" to a 10" dinner plate leads people to serve and eat 22% less. Use this 10" circle for reference.
- \* Make an ingredient list before grocery shopping to stay on budget and avoid buying unnecessary foods.
- \* Use the half-plate rule. For lunch or dinner, fill half the plate with vegetables and fruits and the other half with protein, starch, and nutritious fats.



- \* See it before you eat it. Put everything you want on a plate before you start eating – you will be less likely to eat more food.
- \* Choose nutritious snacks. Smart snacking can keep you energized throughout the day. A serving of walnuts (1 oz.; 12-14 halves; 1/4 cup) is a perfect portable snack to help those hunger pangs.

## NOTES:

Work with your Registered Dietitian to develop a daily meal plan. You can also download a Mediterranean Diet meal plan at [walnuts.org/med-meal-plan](http://walnuts.org/med-meal-plan)

---



---



---



---



---



---



---



---

## PORTIONS: USE YOUR EYE FOR PORTION SIZE

### WHOLE GRAINS

- 1/2 cup of whole grain pasta = 1/2 baseball
- 1 whole wheat pancake = DVD
- 1/2 of a whole grain English muffin = 1/2 hockey puck

### FRUITS & VEGETABLES

- 1/2 cup sliced carrots = computer mouse
- 1 cup of green salad = baseball
- 1 cup of berries = an adult fist

### MEATS, FISH & NUTS

- 3 oz. grilled/baked fish = checkbook
- 3 oz. of lean meat, poultry or tofu = deck of cards
- 1 oz. of walnuts = a handful

### DAIRY

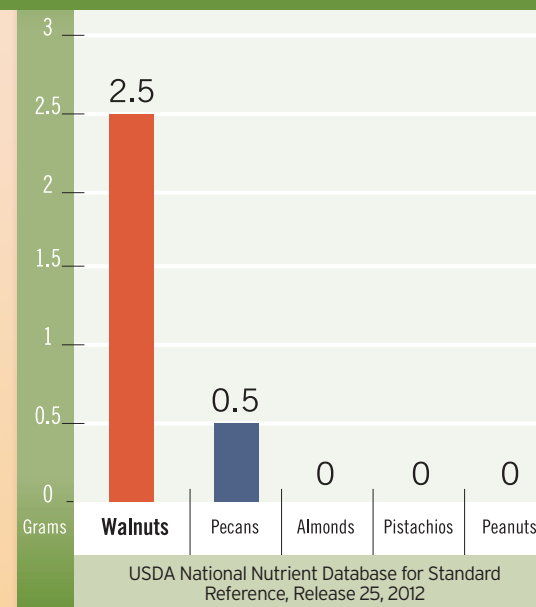
- 1 cup of yogurt = baseball
- 1/2 cup of ice cream = lightbulb

### FATS, OILS & TREATS

- 1 cookie = 2 poker chips
- 1 tbsp of butter = 1/2 golf ball

ADDITIONAL DETAILS ON SERVING SIZES FOR ALL FOOD GROUPS: [WWW.CHOOSEMYPLATE.GOV](http://WWW.CHOOSEMYPLATE.GOV)

## Walnuts: The ONLY Nut Significantly High in Omega-3s (ALA – Alpha-Linolenic Acid)



FOR GREAT TASTING AND EASY RECIPES VISIT [WALNUTS.ORG](http://WALNUTS.ORG)



Walnuts are a nutrient-dense food comprised primarily of polyunsaturated fat (PUFA) – 13 grams out of 18 grams total fat. In fact, walnuts are the only nut – and one of few foods – that provides an excellent source of alpha-linolenic acid (ALA), the plant-based form of omega-3. In one ounce of walnuts there are 2.5 grams of ALA. Omega-3s are essential fatty acids critical to various body processes and can only be obtained by the body through food.

# NEED MORE?

---

**VISIT:** [walnuts.org/patient-tools](http://walnuts.org/patient-tools)  
to request additional materials from California Walnuts.

