



## **Meal Plan**

Sample Runner

Prepared By: Sonja Friend-Uhl  
Email: sonjaruns@gmail.com  
Created: 12-27-2015  
Date Range: 2016-01-01 - 2016-01-02

# **Running Warrior General Fueling Performance Plan - Exchange Format**



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**Day 1**

Master						
Time	Meal Label	Calories	 Carbs	 Protein	 Fat	Fluid (oz)
07:00 am	Breakfast	480	4 Points	4 Points	2 Points	16oz
Notes:						
Meal Totals:		480	66g (55%)	28g (23%)	12g (22%)	16oz
10:00 am	Snack	320	3 Points	3 Points	2 Points	16oz
Notes:						
Meal Totals:		320	44g (55%)	18g (23%)	8g (22%)	16oz
12:00 pm	Lunch	480	4 Points	4 Points	2 Points	16oz
Notes:						
Meal Totals:		480	66g (55%)	28g (23%)	12g (22%)	16oz
03:00 pm	Snack	320	3 Points	3 Points	2 Points	16oz
Notes:						
Meal Totals:		320	44g (55%)	18g (23%)	8g (22%)	16oz
06:00 pm	Dinner	480	4 Points	4 Points	2 Points	16oz
Notes:						
Meal Totals:		480	66g (55%)	28g (23%)	12g (22%)	16oz
08:00 pm	Snack	320	3 Points	3 Points	2 Points	16oz
Notes:						
Meal Totals:		320	44g (55%)	18g (23%)	8g (22%)	16oz
		Calories	Carbs	Protein	Fat	Fluid
Day 1 Totals (Points):			21 Points	21 Points	12 Points	
Day 1 Totals:		2400	330g (55%)	138g (23%)	60g (22%)	96oz



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**Day 2**

#### Day 2 - 1/2/2016

Time	Meal Label	Calories	 Carbs	 Protein	 Fat	Fluid (oz)
		Calories	Carbs	Protein	Fat	Fluid
	Day 2 Totals (Points):		0 Points	0 Points	0 Points	
	Day 2 Totals:	0	0g (55%)	0g (23%)	0g (22%)	0oz



**Carbohydrate (Uncategorized, Complex Carbs, Complex)**

Category	Serving Size	Item	Points (Carbs)	Points (Protein)	Points (Fat)
Beverages	4 oz	APPLE JUICE	1	0	0
	3 oz	GRAPE JUICE	1	0	0
	5 oz	GRAPEFRUIT JUICE	1	0	0
	4 1/2 oz	MIXED VEGETABLE & FRUIT JUICE DRINK	1	0	0
	4 oz	ORANGE JUICE	1	0	0
	4 1/4 oz	PINEAPPLE JUICE	1	0	0
	3 oz	PRUNE JUICE	1	0	0
Bread	1 oz	100% WHOLE WHEAT BAGEL	1	0	0
	1 oz	BAGEL, PLAIN	1	0	0
	1 slice cfb	BREAD, DIET, OAT BRAN	1	0	0
	1 large-slice	BREAD, MIXED GRAIN	1	0	0
	1 oz	DINNER ROLL, WHOLE WHEAT	1	0	0
	1/2 muffin	ENGLISH MUFFIN, MIXED GRAIN	1	0	0
	1 oz	HAMBURGER/HOTDOG BUN, PLAIN	1	0	0
	1 1/2 oz	PANCAKE, LOWFAT	1	0	0
	1 1/4 oz	PANCAKE, ORIGINAL	1	0	0
	1 small-pita	PITA BREAD, WHOLE WHEAT	1	0	0
	1 1/4 oz	TORTILLA, CORN, RTC	1	0	0
	1 oz	TORTILLA, FLOUR, TACO STYLE	1	0	0
	1 slice	WHITE BREAD	1	0	0
Cereals, Ready to Eat	3/4 oz	CEREAL BAR, FRUIT	1	0	0
	3 3/4 oz	CEREAL, HOT, CORN GRITS COOKED	1	0	0
	4 1/4 oz	CEREAL, HOT, CREAM OF RICE, COOKED	1	0	0
	3 oz	CEREAL, RTE, BRAN FLAKES	1	0	0
	3 3/4 oz	CEREAL, RTE, MULTIGRAIN FLAKES	1	0	0
	1 1/2 oz	GRANOLA, LOWFAT, RTE	1	0	0
	2 1/2 oz	OATMEAL, INSTANT, PREPARED	1	0	0
	2 slices	POLENTA	1	0	0
	3 1/2 oz	PUFFED WHEAT CEREAL, RTE	1	0	0
	2 3/4 oz	SHREDDED WHEAT, RTE	1	0	0
Cereal and Grain Products	2 3/4 oz	BARLEY, PEARLED, COOKED	1	0	0
	2 3/4 oz	BROWN RICE, LONG GRAIN, COOKED	1	0	0
	1 oz	COUSCOUS, COOKED	1	0	0
	3/4 oz	GRAIN, QUINOA	1	0	0
	2 oz	GRAIN, RICE, WHITE, LONG-GRAIN, REGULAR, COOKED	1	0	0
	2 3/4 oz	SPAGHETTI PASTA, NO ADDED SALT	1	0	0



**Carbohydrate (Uncategorized, Complex Carbs, Complex)**

Category	Serving Size	Item	Points (Carbs)	Points (Protein)	Points (Fat)
	3 oz	WHEAT BRAN, UNPROCESSED	1	0	0
Cookies & Crackers	3/4 oz	BROWN RICE CRACKER	1	0	0
	3/4 oz	WHOLE WHEAT CRACKER	1	0	0
Fruits	3 3/4 oz	APPLE W/SKIN, RAW	1	0	0
	2 1/4 oz	APRICOT, DRIED, NO ADDED SUGAR	1	0	0
	4 1/2 oz	APRICOT, RAW	1	0	0
	2 1/4 oz	BANANA, RAW	1	0	0
	3 1/2 oz	BLUEBERRY, RAW	1	0	0
	3 oz	GRAPE, RAW	1	0	0
	3 oz	MANGO, RAW	1	0	0
	6 oz	MELON, CANTALOUPE	1	0	0
	4 1/4 oz	ORANGE, ALL VARIETIES, RAW	1	0	0
	5 1/4 oz	PEACH, RAW	1	0	0
	3 1/4 oz	PEARS, RAW W/SKIN	1	0	0
	4 oz	PINEAPPLE, ALL VARIETIES, RAW	1	0	0
	4 1/2 oz	PLUM, RAW	1	0	0
	4 1/4 oz	RASPBERRY, RAW	1	0	0
	6 1/2 oz	STRAWBERRY, RAW	1	0	0
	5 1/2 oz	TANGERINE, RAW	1	0	0
	7 oz	WATERMELON	1	0	0
Side Dishes	2 tablespoons	TABOULI MIX (TABBOULEH)	1	0	0
Snacks	19 3/4 oz	POPCORN, LOWFAT	1	0	0
	3/4 oz	PRETZEL, SOFT	1	0	0
	2 cakes	RICE CAKE, CRACKER	1	0	0
	3/4 oz	TORTILLA CHIPS, RESTAURANT STYLE, LIGHT	1	0	0
Vegetables	7 oz	BEET, RAW	1	0	0
	5 1/4 oz	CARROT, RAW	1	0	0
	1 ear	CORN ON THE COB, WHITE, NO SALT	1	0	0
	1 parsnip	PARSNIP, RAW	1	0	0
	2 1/2 oz	POTATO, BAKED, NO SALT	1	0	0
	8 1/4 oz	RED PEPPER, SWEET, RAW	1	0	0
	2 1/2 oz	SWEET POTATO, BAKED, NO SALT	1	0	0
	6 1/4 oz	WINTER SQUASH, BAKED, NO SALT	1	0	0
	3 oz	YAM, BOILED OR BAKED, NO SALT	1	0	0
Baby Foods	2 1/4 oz	BROWN RICE CEREAL	1	0	0
Bread	1 oz	BREAD, PITA, WHOLE WHEAT	1	0	0



**Carbohydrate (Uncategorized, Complex Carbs, Complex)**

Category	Serving Size	Item	Points (Carbs)	Points (Protein)	Points (Fat)
	1 oz	Food For Life Gluten Free English Muffin	1	0	0
	1 oz	MANNA BREAD, MILLET RICE	1	0	0
Cereals, Ready to Eat	1 1/2 oz	CEREAL, HOT, OATS, ORGANIC, DRY	1	0	0
Cereal and Grain Products	3/4 oz	AMARANTH	1	0	0
	2 3/4 oz	BROWN RICE, LONG GRAIN, COOKED	1	0	0
	1 oz	BUCKWHEAT GROATS	1	0	0
	2 3/4 oz	GRAIN, MILLET, COOKED	1	0	0
	2 oz	SPAGHETTI PASTA, WHOLE WHEAT, COOKED	1	0	0
Side Dishes	3 oz	QUINOA, COOKED	1	0	0
Snacks	2 cakes	BROWN RICE CAKE, MULTIGRAIN, NO SALT	1	0	0
Vegetables	2 1/2 oz	SWEET POTATO, BAKED, NO SALT	1	0	0
Bread	1 small-pita	PITA BREAD, WHOLE WHEAT	1	0	0
Cereals, Ready to Eat	3 oz	CEREAL, RTE, BRAN FLAKES	1	0	0
	2 1/2 oz	OATMEAL, INSTANT, PREPARED	1	0	0
	2 slices	POLENTA	1	0	0
Cereal and Grain Products	2 3/4 oz	BARLEY, PEARLED, COOKED	1	0	0
	3/4 oz	BASMATI RICE, DRY	1	0	0
	2 3/4 oz	BROWN RICE, LONG GRAIN, COOKED	1	0	0
	1 oz	COUSCOUS, COOKED	1	0	0
	3/4 oz	GRAIN, QUINOA	1	0	0
	3/4 oz	GRAIN, QUINOA	1	0	0
	2 oz	GRAIN, RICE, WHITE, LONG-GRAIN, REGULAR, COOKED	1	0	0
	3 oz	WHEAT BRAN, UNPROCESSED	1	0	0
Snacks	2 cakes	RICE CAKE, CRACKER	1	0	0
Vegetables	2 1/2 oz	POTATO, BAKED, NO SALT	1	0	0
	2 1/2 oz	SWEET POTATO, BAKED, NO SALT	1	0	0
	6 1/4 oz	WINTER SQUASH, BAKED, NO SALT	1	0	0
	3 oz	YAM, BOILED OR BAKED, NO SALT	1	0	0



### Protein (Uncategorized)

Category	Serving Size	Item	Points (Carbs)	Points (Protein)	Points (Fat)
Beef	1 oz	BEEF ROUND, TIP, ROASTED, SLO (CUBE STEAK)	0	1	0
	3/4 oz	BEEF TOP ROUND, BROILED, SLF (LONDON BROIL)	0	1	0
	1 1/2 oz	BEEF, HIP, SIRLOIN TIP, LF, 0" TRIM, ROASTED	0	1	0
	1 oz	GROUND BEEF, BROILED, 95% LEAN	0	1	0
Dairy Products	1 oz	AMERICAN CHEESE, LOWFAT	0	1	0
	1 oz	CHEESE, CHEDDAR OR COLBY, LOWFAT	0	1	0
	1 3/4 oz	CHEESE, COTTAGE 1%	0	1	0
	1/4 cups	EGG ALTERNATIVE, EGG BEATERS	0	1	0
	2 oz	EGG WHITE, CHICKEN, RAW	0	1	0
	1 1/2 oz	MOZZARELLA CHEESE, NONFAT	0	1	0
Finfish and Shellfish P...	1 oz	ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED	0	1	0
	1 oz	ATLANTIC COD, COOKED	0	1	0
	1 oz	CRAB, DUNGENESS, COOKED	0	1	0
	1 1/2 oz	DOLPHINFISH, BAKED OR BROILED (MAHI MAHI)	0	1	0
	1 3/4 oz	LOBSTER, AMERICAN, BOILED OR STEAMED (NORTHERN)	0	1	0
	1 oz	SALMON, PINK, COOKED	0	1	0
	1 oz	SCALLOP (BAY & SEA), COOKED, STEAMED	0	1	0
	1 1/4 oz	SHRIMP, COOKED	0	1	0
	1 oz	SWORDFISH, COOKED	0	1	0
	1 oz	TILAPIA, FRESH	0	1	0
	1 1/4 oz	TUNA, YELLOWFIN, BAKED OR BROILED (AHI)	0	1	0
	3/4 oz	DEER ROASTED (VENISON)	0	1	0
	1 oz	LAMB, TENDERLOIN & STRIPLOIN, TRIMMED	0	1	0
Lamb and Veal	1 oz	VEAL LOIN, ROASTED, SLO	0	1	0
	3 3/4 oz	TOFU, FIRM, LIGHT	0	1	0
	1 oz	CANADIAN BACON	0	1	0
Legumes	3/4 oz	PORK, FRESH, LOIN, BACK RIBS, LEAN, BROILED	0	1	0
	3/4 oz	CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY	0	1	0
Pork	1 1/4 oz	CHICKEN, WHITE & DARK MEAT, CHUNK, CANNED	0	1	0
	1 1/4 oz	HAM	0	1	0
Poultry	1 1/4 oz	LUNCHMEAT, VARIETY PACK, LOWFAT	0	1	0
	1 1/4 oz	TURKEY BREAST	0	1	0
Sausages and Lunch Meats					



### Protein (Uncategorized)

Category	Serving Size	Item	Points (Carbs)	Points (Protein)	Points (Fat)
Vegetarian Products	1 oz	FRANKFURTER (HOT DOG), VEGAN	0	1	0
Beef	1 oz	BEEF ROUND, TIP, ROASTED, SLO (CUBE STEAK)	0	1	0
	3/4 oz	BEEF TOP ROUND, BROILED, SLF (LONDON BROIL)	0	1	0
	1 1/2 oz	BEEF, HIP, SIRLOIN TIP, LF, 0" TRIM, ROASTED	0	1	0
	1 oz	GROUND BEEF, BROILED, 95% LEAN	0	1	0
Dairy Products	1 oz	AMERICAN CHEESE, LOWFAT	0	1	0
	1 oz	CHEESE, CHEDDAR OR COLBY, LOWFAT	0	1	0
	1 3/4 oz	CHEESE, COTTAGE 1%	0	1	0
	1/4 cups	EGG ALTERNATIVE, EGG BEATERS	0	1	0
	2 oz	EGG WHITE, CHICKEN, RAW	0	1	0
	1 1/2 oz	MOZZARELLA CHEESE, NONFAT	0	1	0
Finfish and Shellfish P...	1 oz	ALBACORE TUNA IN WATER, CHUNK WHITE, CANNED	0	1	0
	1 oz	ATLANTIC COD, COOKED	0	1	0
	1 oz	CRAB, DUNGENESS, COOKED	0	1	0
	1 1/2 oz	DOLPHINFISH, BAKED OR BROILED (MAHI MAHI)	0	1	0
	1 3/4 oz	LOBSTER, AMERICAN, BOILED OR STEAMED (NORTHERN)	0	1	0
	1 oz	SALMON, PINK, COOKED	0	1	0
	1 oz	SCALLOP (BAY & SEA), COOKED, STEAMED	0	1	0
	1 1/4 oz	SHRIMP, COOKED	0	1	0
	1 oz	SWORDFISH, COOKED	0	1	0
	1 oz	TILAPIA, FRESH	0	1	0
	1 1/4 oz	TUNA, YELLOWFIN, BAKED OR BROILED (AHI)	0	1	0
	3/4 oz	DEER ROASTED (VENISON)	0	1	0
Lamb and Veal	1 oz	LAMB, TENDERLOIN & STRIPLOIN, TRIMMED	0	1	0
	1 oz	VEAL LOIN, ROASTED, SLO	0	1	0
	3 3/4 oz	TOFU, FIRM, LIGHT	0	1	0
Legumes	3 3/4 oz	TOFU, FIRM, LIGHT	0	1	0
	3/4 oz	CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY	0	1	0
Poultry	1 1/4 oz	CHICKEN, WHITE & DARK MEAT, CHUNK, CANNED	0	1	0
	1 1/4 oz	LUNCHMEAT, VARIETY PACK, LOWFAT	0	1	0
Sausages and Lunch Meats	1 1/4 oz	TURKEY BREAST	0	1	0
	1 oz	FRANKFURTER (HOT DOG), VEGAN	0	1	0





### Carbohydrate/Protein Blend (Uncategorized)

Category	Serving Size	Item	Points (Carbs)	Points (Protein)	Points (Fat)
Beverages	4 3/4 oz	CHOCOLATE MILK, 1% FAT	1	1	0
	8 fl oz	SOY MILK, LIGHT ORIGINAL (SOYMILK)	1	1	0
Cereal and Grain Products	1 3/4 oz	SPAGHETTI PASTA, COOKED, ENRICHED	1	1	0
Dairy Products	3 1/2 oz	SOY YOGURT, PLAIN	1	1	0
	4 3/4 oz	YOGURT, FRUIT BOTTOM, UNDER 1% MF	1	1	0
	2 3/4 oz	YOGURT, FRUIT, LOW FAT	1	1	0
Legumes	2 oz	ADZUKI BEAN, BOILED, NO ADDED SALT	1	1	0
	2 1/2 oz	BAKED BEAN, VEGETARIAN	1	1	0
	2 oz	BEAN, NAVY, BOILED	1	1	0
	2 oz	BEAN, WHITE, BOILED	1	1	0
	3 1/4 oz	BLACK BEAN, NO ADDED SALT	1	1	0
	2 oz	BLACKEYED PEAS	1	1	0
	3 oz	CHILI BEANS	1	1	0
	3 1/4 oz	KIDNEY BEAN	1	1	0
	2 1/2 oz	LENTILS, BOILED	1	1	0
	2 1/2 oz	PEA, SPLIT, BOILED	1	1	0
	3 oz	REFRIED BEAN	1	1	0
	5 3/4 oz	SWEET PEA	1	1	0
Soup	5 oz	BEEF VEGETABLE SOUP, RTS	1	1	0
	5 3/4 oz	CHICKEN NOODLE SOUP, LOWFAT, RTS	1	1	0
	3 oz	CHILI, VEGETARIAN W/BEANS, RTS	1	1	0
	5 1/2 oz	LENTIL SOUP, LOWFAT, RTS	1	1	0
	6 oz	MINESTRONE SOUP, RTS	1	1	0
	3 oz	THREE BEAN MILD CHILI, RTS	1	1	0
Vegetables	7 1/2 oz	BROCCOLI, RAW	1	1	0
	10 oz	COLLARDS, BOILED, NO SALT	1	1	0
	16 3/4 oz	KALE, RAW	1	1	0
Vegetarian Products	3 3/4 oz	CHILI, BLACK BEAN, VEGAN	1	1	0



### Protein/Fat Blend (Vegetarian)

Category	Serving Size	Item	Points (Carbs)	Points (Protein)	Points (Fat)
Dairy Products	1 oz	CHEDDAR CHEESE, MILD, REDUCED FAT	0	1	1
	1 oz	CHEESE ALTERNATIVE, CHEDDAR	0	1	1
	1 oz	CHEESE ALTERNATIVE, MOZZARELLA STYLE	0	1	1
	1 piece	CHEESE SNACK, STRING CHEESE	0	1	1
	2 1/2 oz	CHEESE, RICOTTA	0	1	1
	1 large	EGG, CHICKEN, HARD-BOILED	0	1	1
	1 large	EGG, CHICKEN, POACHED	0	1	1
	1 serving	FETA CHEESE, REDUCED FAT	0	1	1
	1 oz	MONTEREY JACK CHEESE, REDUCED FAT	0	1	1
	1 oz	MOZZARELLA CHEESE, PART SKIM	0	1	1
	1 3/4 oz	PARMESAN CHEESE, SHREDDED	0	1	1
	2 oz	SCRAMBLED EGGS, PRE-COOKED	0	1	1
	3/4 oz	SWISS CHEESE, SLICE, REDUCED FAT	0	1	1
Legumes	3 oz	TOFU, REGULAR, RAW	0	1	1
Vegetarian Products	1 1/2 oz	CHICKEN, VEGETARIAN	0	1	1
	1 link	LINKETTES, VEGAN	0	1	1
	1 1/2 oz	LUNCHEON SLICES, MEATLESS	0	1	1
	1 1/4 oz	MEATLESS SALAMI	0	1	1



### Fat (Uncategorized)

Category	Serving Size	Item	Points (Carbs)	Points (Protein)	Points (Fat)
Accompaniments	1/4 oz	MAYONNAISE	0	0	1
	1 tablespoons	MAYONNAISE, LIGHT	0	0	1
	1/2 oz	MAYONNAISE, MADE W/TOFU	0	0	1
	1 1/2 oz	OLIVE, PIMIENTO, SLICED	0	0	1
	3/4 oz	OLIVE, WHOLE, KALAMATA	0	0	1
	1/2 oz	SALAD DRESSING, BALSAMIC VINAIGRETTE	0	0	1
	1/4 oz	SALAD DRESSING, CAESAR	0	0	1
	1/2 oz	SALAD DRESSING, ITALIAN	0	0	1
	1/4 oz	SALAD DRESSING, MAYO-TYPE	0	0	1
	1/4 oz	SALAD DRESSING, OLIVE OIL & VINEGAR	0	0	1
Dairy Products	1/4 oz	BUTTER	0	0	1
	1 tablespoons	BUTTER ALTERNATIVE, LIGHT, STICK	0	0	1
	1/2 oz	CHEESE SPREAD, BLUE CHEESE	0	0	1
	1/2 oz	CHEESE SPREAD, GARDEN VEGETABLE	0	0	1
	1 tablespoons	CREAM CHEESE ALTERNATIVE	0	0	1
	1/2 oz	CREAM CHEESE, PLAIN, SOFT	0	0	1
	3/4 oz	SOUR CREAM	0	0	1
Fats and Oils	1 teaspoons	COD LIVER OIL	0	0	1
	1 teaspoons	GRAPESEED OIL	0	0	1
	1/4 oz	MARGARINE, SOFT	0	0	1
	1/4 oz	MARGARINE, STICK, SOYBEAN	0	0	1
	1 tablespoons	VEGETABLE OIL SPREAD	0	0	1
Nuts and Seeds	1/4 oz	MACADAMIA NUT, DRY ROASTED, UNSALTED (BUSHNUT)	0	0	1
	1/4 oz	PECAN, DRIED	0	0	1
	1/4 oz	PINE NUT, PIGNOLIA, DRIED	0	0	1


















### Free Foods (Uncategorized)

Category	Serving Size	Item	Points (Carbs)	Points (Protein)	Points (Fat)
Accompaniments	1 tablespoons	CATSUP/KETCHUP	0	0	0
	1 teaspoons	CREAMER, NONFAT, NONDAIRY	0	0	0
	1 tablespoons	FRUIT SPREAD, ALL FLAVORS, DIABETIC	0	0	0
	1 teaspoons	HORSERADISH, PREPARED	0	0	0
	1 tablespoons	JAM, JELLY & PRESERVES, SUGAR FREE	0	0	0
	1 tablespoons	MAYONNAISE, NONFAT	0	0	0
	1 teaspoons	MUSTARD, PREPARED, YELLOW	0	0	0
	1 tablespoons	PICKLE RELISH, DILL	0	0	0
	1 slice	PIMENTO, CANNED	0	0	0
	2 tablespoons	SALAD DRESSING, ITALIAN, NONFAT	0	0	0
	2 tablespoons	SALSA	0	0	0
	5 ml	SAUCE, RTS, PEPPER, TABASCO	0	0	0
	2 tablespoons	WHIPPED CREAM TOPPING, NONFAT	0	0	0
	1 teaspoons	WORCESTERSHIRE SAUCE	0	0	0
Beverages	6 fl oz	COFFEE, BREWED, PREPARED	0	0	0
	100 grams	DRINK, SUGAR FREE	0	0	0
	1 cups	HERBAL TEA, BREWED	0	0	0
	8 fl oz	ICED TEA MIX, SUGAR FREE	0	0	0
	1 lemon-yield	LEMON JUICE, RAW	0	0	0
	100 ml	TEA, BREWED W/DISTILLED WATER	0	0	0
Candy	1 piece	CHEWING GUM, SUGAR FREE	0	0	0
Ingredients	1 oz	APPLE CIDER VINEGAR	0	0	0
	1 tablespoons	BALSAMIC VINEGAR	0	0	0
Soup	100 grams	BROTH, BEEF, DEHYDRATED, CUBED W/WATER	0	0	0
	1 cups	VEGETABLE BROTH	0	0	0
Spices	1 teaspoons	GARLIC POWDER	0	0	0
Vegetables	1 clove	GARLIC, RAW	0	0	0







## Portion Guide

Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

### Basic Guidelines

				
Golf Ball	Tennis Ball	Computer Mouse	Baseball	Rounded Handful
$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup	1 cup	$\frac{1}{2}$ cup
1 oz				1 oz dried goods
2 tbsp				
				
Hockey Puck	Matchbox	Deck of Cards	Thin Paperback Book	Thumb
3 oz muffin or biscuit	1 oz serving of meat	3 oz of chicken, meat, or fish	8 oz serving of meat	1 tsp
				
Poker Chip	Shot Glass	CD	3 Dice	Kids' School Milk Carton
1 tbsp	1 oz	1 slice of bread	1 $\frac{1}{2}$ oz cheese	8 oz drink
	2 tbsp	1 oz lunch meat		

### Useful Examples

		
Bread & Grains	Fruits & Vegetables	Meats, Fish & Nuts
1 cup of cereal = 1 baseball	$\frac{1}{2}$ cup grapes = about 16 grapes	3 oz lean meat or poultry = deck of cards
$\frac{1}{2}$ cup cooked rice = computer mouse	1 cup of strawberries = about 12 berries	3 oz tofu = deck of cards
$\frac{1}{2}$ cup cooked paste = computer mouse	1 cup of salad greens = 1 baseball	2 tbsp peanut butter = golf ball
1 slice of bread = CD	1 cup cooked vegetables = 1 baseball	$\frac{1}{4}$ cup almonds = about 23 almonds
3 cups of popcorn = 3 baseballs	1 baked potato = computer mouse	$\frac{1}{4}$ cup pistachios = about 24 pistachios
		
Dairy & Cheese	Fats & Oils	Sweets & Treats
1 $\frac{1}{2}$ oz cheese = stacked dice	1 tbsp butter or spread = poker chip	1 slice cake = deck of cards
1 cup yogurt = baseball	1 tbsp salad dressing = poker chip	1 cookie = about 2 poker chips
$\frac{1}{2}$ cup ice cream = computer mouse	1 tbsp oil or mayonnaise = poker chip	1 piece of chocolate = matchbox