



Guide to Serving Sizes and Modifying Recipes

Participant Handout

Use the following images when trying to monitor your serving sizes:

- 1 cup = your fist or cupped hand
- 1 ounce of cheese = your thumb
- 1 teaspoon = your thumb tip
- 1 or 2 ounces of snack food = small handful
- 1 ounce of meat = matchbox
- 3 ounces of meat = your palm, deck of cards,
or bar of soap (this is one serving)
- 8 ounces of meat = small paperback book
- 1 serving of fruit = Tennis ball
- Medium apple or orange = tennis ball
- 1 c. of fruit = baseball
- 1 c. of lettuce = 4 green leaves
- 1 slice of bread = cassette tape



"Man does
not live by
bread
alone."
Luke 4:4

How can I modify a recipe?

- Reduce an ingredient
- Eliminate an ingredient
- Change the way it is prepared
- Substitute an ingredient

Healthy ways to change your recipes:

- Instead of 1 whole egg, try 2 egg whites or $\frac{1}{4}$ cup egg substitute
- Try replacing butter or stick margarine with soft/tub margarine
- Use $\frac{3}{4}$ cup of vegetable oil rather than 1 cup of shortening
- Switch from whole milk to skim milk, and use evaporated skim milk instead of cream
- Try replacing sour cream and mayonnaise with non-fat plain yogurt
- Substitute regular ground beef or pork with ground turkey breast or extra lean ground beef
- Use cooking spray instead of greasing pans with oil
- Try adding herbs and spices to flavor dishes instead of butter
- Instead of coating the chicken with egg and flour and then frying it, use boneless, skinless chicken breasts; coat the chicken in breadcrumbs or herbs and bake in the oven. Use barbeque or hot sauce for a spicy twist.