



Portion Control

Healthy Living starts with eating the right portions.

3 ounces of buffalo meat is about the size and thickness of a deck of playing cards or the palm of your hand.	
A medium apple or peach is about the size of a tennis ball.	
1 ounce of cheese is about the size of 4 stacked dice.	
1 cup of buffalo stew is about the size of a tennis ball.	
1 cup mashed potatoes or broccoli is about the size of your fist.	
1 teaspoon of butter or peanut butter equals the tip of your thumb.	
1 ounce of wasna equals one handful.	

Enjoy more fruits and vegetables.

Prepare more meals at home.

Think of a medicine wheel when serving portions.

Measure your portions.

Before eating, divide the plate

Great Plains Good Health and Wellness Program

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