

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

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Student Information Handout
Lesson 3
The NEAT Diet Plan

PORTION SIZES

Estimating size servings of meats

<u>Amount of Raw Meat Purchased</u>	<u>Number of 3 ounce servings when cooked</u>
1 pound meat or fish with bone	3
1 pound meat or fish without bone, including ground meat	4

Size Servings of Cooked Meats to Equal 3 Ounces

Half a chicken breast or a leg and thigh (2½-3 pound chicken)

Sliced roast meat and beef patty (3"x3½"x3/4")

Medium pork chop (3/4" thick)

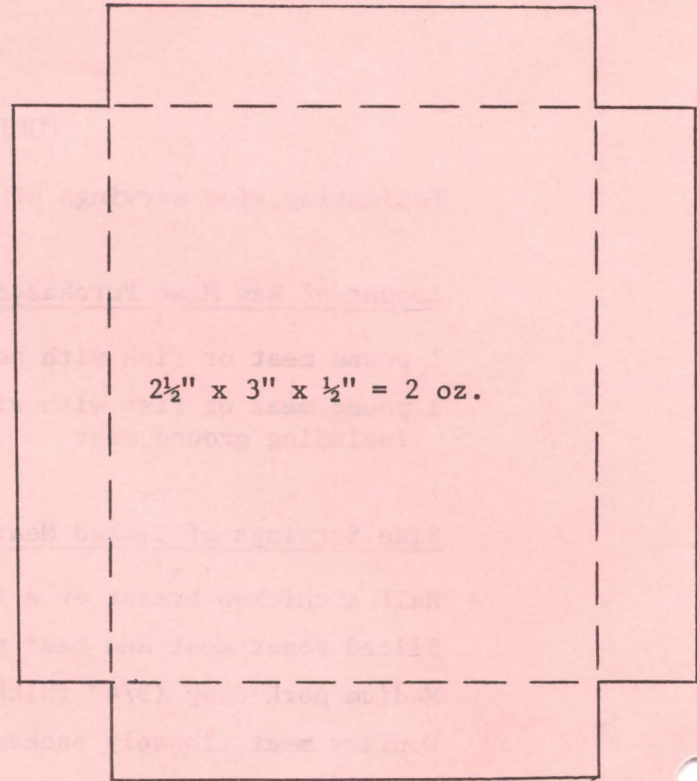
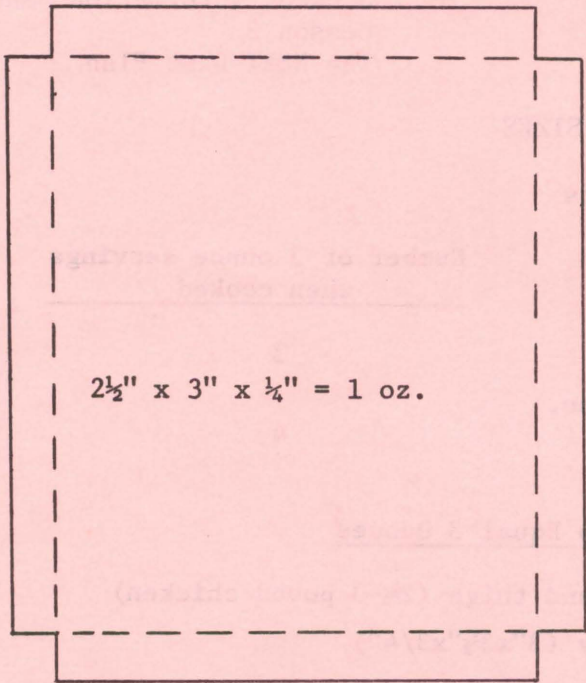
Poultry meat, loosely packed (3/4 cup)

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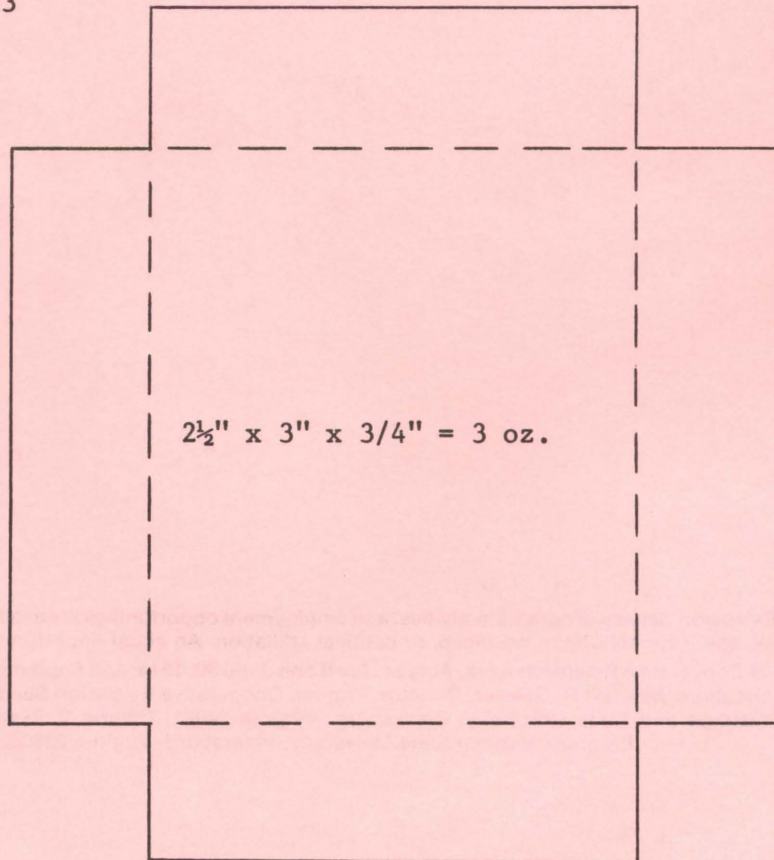
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MEAT SERVINGS. In order to recognize size servings of meat, make paper models from the following diagrams. Draw exact measurements on to cardboard. Fold at dotted line in order to get thickness of meat.

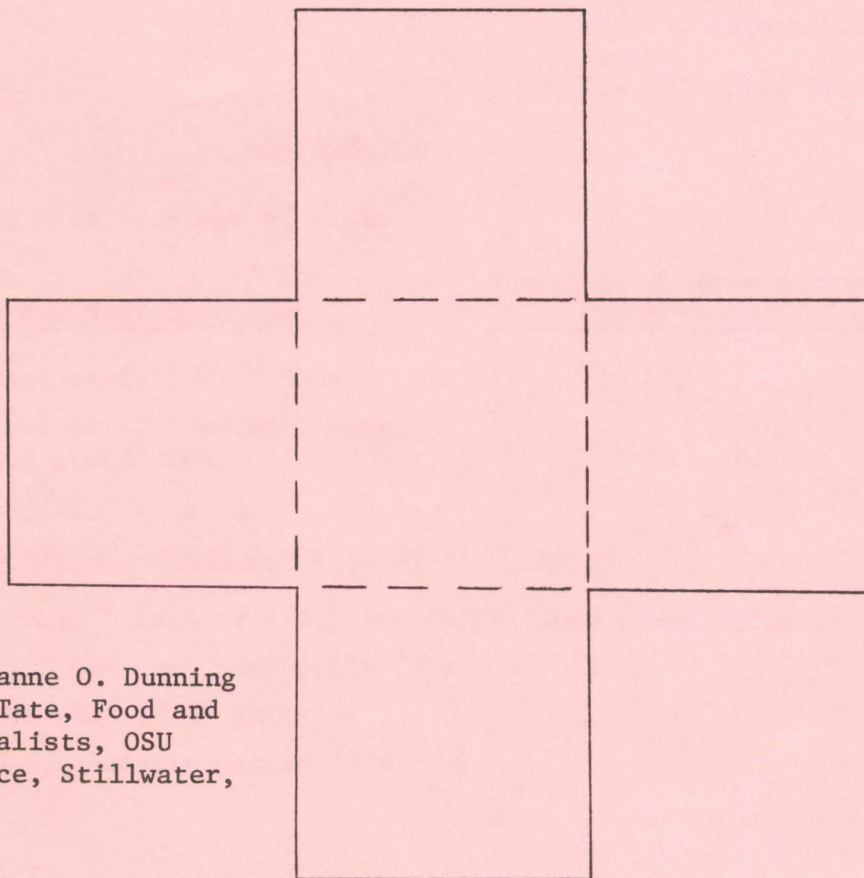


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BREAD SERVINGS

1 serving of cornbread = $1\frac{1}{2}$ " cube



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1 serving of biscuits = 2" diameter

