

BREAKFAST PORTIONS GUIDE

FOOD CATEGORY	STANDARD PORTION	EXAMPLE ITEMS
Whole Grains	1/2 Cup	Oats, Quinoa, Low-sugar Granola
Lean Protein	2 Large	Eggs, Egg Whites, Tofu Scramble
Dairy / Alt	3/4 Cup	Greek Yogurt, Cottage Cheese
Fresh Fruit	1 Medium	Apple, Banana, 1 Cup Berries
Healthy Fats	2 Tbsp	Nut Butter, Seeds, 1/4 Avocado
Vegetables	1 Cup	Spinach, Peppers, Mushrooms

[Print Chart](#)