



### **Sizing up a Serving**

Conventional wisdom says, "You are what you eat."

But common sense suggests it's *how much* you eat that really matters!

To alleviate confusion, follow the list of some foods matched with objects of comparable in size to a single serving!

#### **Food**

#### **Looks Like....**

##### Bread, Cereal, Rice, and Pasta Group

- 1 cup potatoes, rice, pasta, cereal
- 1 pancake, or small waffle
- 1 slice bread
- Average bagel
- Medium baked potato

tennis ball  
compact disc  
cassette tape  
hockey puck  
computer mouse

##### Vegetable Group

- 1 cup green salad
- ½ cup cooked vegetable
- ½ cup cooked broccoli

baseball  
ice cream scooper  
light bulb

##### Fruit Group

- ½ cup grapes or fresh fruit
- 1 medium size fruit
- ¼ cup raisins
- 1 tsp jam

light bulb  
tennis ball  
golf ball or large egg  
4 stacked quarters

##### Milk and Yogurt Group

- 1 cup ice cream

baseball

##### Meat, Poultry, Fish, Beans, and Nuts Group

- 2 TB peanut butter
- 3 ounces cooked meat
- 3 ounces baked fish
- 1 ounce cheese
- ¼ cup nuts

ping-pong ball  
deck of cards  
checkbook  
4 dice  
golf ball or large egg

##### Fats, Oils, Sweets, Snack Foods

- 1 tsp margarine
- 2 TB salad dressing
- 2 TB olive oil

marble  
ping-pong ball  
fill shot glass

## **More Advice on Portion Sizing**

- Measuring cups and spoons and a small scale for weighing food will provide the best portion control. After practicing 2 to 3 weeks, you may need to carefully measure portions only when you try a new food.
- Try placing some of these foods on your dinner plate. Note how much room they take up on the plate. Next time, make sure that you only take that much!
- Always use the same size plate, bowl, cup, and glass to make it easier to eyeball portion sizes.
- The palm of an average woman's hand equals about 4 ounces or 1/2 cup. A woman's fist is about the size a piece of fresh fruit or a potato should be.
- Serve portions on the plate in the kitchen, to cut down on second helpings