

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	tennis ball
❖ 1 pancake, or small waffle	compact disc
❖ 1 slice bread	cassette tape
❖ Average bagel	hockey puck
❖ Medium baked potato	computer mouse
Vegetable Group	
❖ 1 cup green salad	baseball
❖ ½ cup cooked vegetable	ice cream scooper
❖ ½ cup cooked broccoli	light bulb
Fruit Group	
❖ ½ cup grapes or fresh fruit	light bulb
❖ 1 medium size fruit	tennis ball
❖ ¼ cup raisins	golf ball or large egg
❖ 1 tsp jam	4 stacked quarters
Milk and Yogurt Group	
❖ 1 cup ice cream	baseball
Meat, Poultry, Fish, Beans, and Nuts Group	
❖ 2 TB peanut butter	ping-pong ball
❖ 3 ounces cooked meat	deck of cards
❖ 3 ounces baked fish	checkbook
❖ 1 ounce cheese	4 dice
❖ ¼ cup nuts	golf ball or large egg
Fats, Oils, Sweets, Snack Foods	
❖ 1 tsp margarine	marble
❖ 2 TB salad dressing	ping-pong ball
❖ 2 TB olive oil	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

