

Portion Size Guide

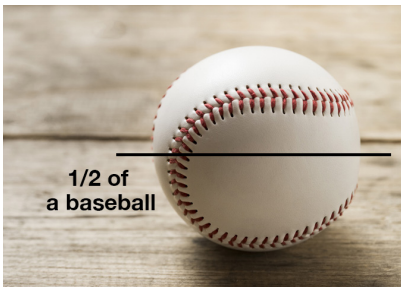
The following visual cues should help you “guesstimate” portions for some of the foods on your plate and in your pantry.



COLD CEREAL

One serving of cold cereal is supposed to be 1 cup.

This looks like a tennis ball!



PASTA, RICE, OR COOKED CEREAL

One serving of pasta, rice, or cooked cereal is supposed to be 1/2 cup.

This looks like one-half of a baseball!

This is the serving size for mashed potatoes, too.



MEAT, FISH, OR POULTRY

One serving of meat, fish, or poultry is supposed to be 3 ounces.

This looks like a deck of cards!

If your piece is thin, 3 ounces is about the size of a checkbook.



PEANUT BUTTER (OR ANY NUT BUTTER)

One serving of peanut butter (or any nut butter) is supposed to be 2 tablespoons.

This looks like a ping pong ball!



COOKED OR RAW VEGETABLES (WITH THE EXCEPTION OF LEAFY GREENS)

One serving of cooked or raw vegetables (with the exception of leafy greens) is supposed to be 1/2 cup.

This looks like lightbulb!

When your vegetables are leafy greens, one serving is supposed to be one cup, so it should look like two light bulbs.

Portion Size Guide (continued)



CHEESE

One serving of cheese is supposed to be 1 1/2 ounces.

This looks like four stacked dice!

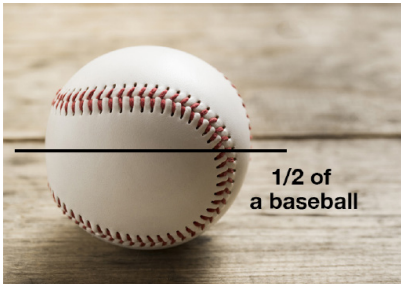
Or, if they're slices, two thin ones.



ICE CREAM

One serving of ice cream is supposed to be 1/2 cup.

This looks like two golf balls!



FRESH FRUIT

One serving of fresh fruit is supposed to be 1/2 cup.

This looks like one-half of a baseball!

SOURCES:

1 - USDA, Dietary Guidelines. "How Much Are You Eating?"

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2000/2000DGBrochureHowMuch.pdf> (PDF). (Accessed 7/5/11.)

2 - NHLBI. "Portion Distortion," <http://hp2010.nhlbihin.net/portion/servingcard7.pdf> (PDF). (Accessed 7/5/11.)