



# How Much Is A Serving?

The Food Guide Pyramid is a guide to daily food choice with recommendations for the specific amount of serving per food group. The bread, cereal, and other grain group products have a recommendation of 6-11 servings, the fruit group 2-4 servings, the vegetable group 3-5 servings, the meat, poultry, fish and meat alternates group 2-3 servings, the milk, cheese, and yogurt group 2-3 servings, and the fats, oils, and sweets group should be used sparingly.



To put a healthful eating plan into action, you need to know what a serving looks like. The portion or amount of a food that you choose to eat may be more or less than one serving. If you choose a large portion, it counts as two servings, a small portion may only be half a serving.

Learning to judge serving sizes takes practice. Carrying around measuring cups and a scale is just not practical. On the reverse side are some visual examples to help you make quick estimates.

Using these examples everyday to size up your portion will help you to know what a serving looks like. Watching how much you eat is just as important as watching what you eat.

Cornell Cooperative Extension of Chemung County provides equal program and employment opportunities.

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<b>Breads, Cereals, Rice, and Pasta</b>	
An average bagel	A hockey puck
A medium potato	A computer mouse
1 pancake	A CD
1 cup potato, rice, or pasta	A tennis ball
$\frac{1}{2}$ cup cooked rice	A cupcake wrapper
1 cup of dried cereal	A large handful
<b>Fruit</b>	
1 medium fruit	A tennis ball
1 cup of fruit	A baseball
$\frac{1}{2}$ cup chopped fruit	15 marbles
$\frac{1}{4}$ cup raisins	1 large egg
<b>Vegetables</b>	
1 cup lettuce	4 leaves
1 cup vegetables (chopped)	A fist
$\frac{1}{2}$ cup vegetables (chopped)	A light bulb
<b>Meat</b>	
3 ounces of meat	A deck of cards A cassette tape A bar of soap
1 ounce of meat	A match box A floppy diskette
3 ounces of fish	A checkbook
2 Tablespoons of Peanut Butter	A golf ball
<b>Dairy</b>	
1 $\frac{1}{2}$ ounces of natural cheese	3 dominoes A 9-volt battery A bar of hotel soap
1 ounces	4 dice 1 small child's block 2 saltine crackers
<b>Fats, Oils, and Sweets</b>	
$\frac{1}{2}$ cup of ice cream	A tennis ball
2 Tablespoons of butter, salad dressing, peanut butter, or mayonnaise	A golfball
1 ounce of small snack foods (hard candy, nuts)	One handful
1 ounce of larger-sized snack food (pretzels, chips)	1 large handful