



How Much Is A Serving?

Use these visual examples to help make quick estimates of serving sizes.

Many people say that controlling portions is the biggest challenge in managing diabetes. Whether you're counting carbohydrates or watching portion sizes in order to lose weight, the guide below will help you "see in your mind's eye" the appropriate serving size for a variety of foods.

3 ounces of cooked meat, poultry, or fish	<i>Deck of playing cards, cassette tape, or the palm of a woman's hand</i>
1 ounce cooked meat, poultry or fish	<i>Matchbook</i>
1 slice of cheese	<i>3.5 inch computer disk</i>
1 ounce of cheese	<i>4 dice or a tube of lipstick</i>
2 tablespoons peanut butter	<i>Golf ball</i>
1 standard bagel	<i>Hockey puck or 6 ounce can of tuna</i>
1 cup potatoes, rice, or pasta	<i>Size of a fist or a tennis ball</i>
1 medium potato	<i>Computer mouse or 1 small bar of soap</i>
1/2 cup cooked vegetables	<i>6 asparagus spears, 7 to 8 baby carrots or carrot sticks, 1 ear of corn, or 3 spears broccoli</i>
1/2 cup chopped fresh vegetables	<i>3 regular ice cubes</i>
1 cup chopped fresh leafy greens	<i>4 lettuce leaves</i>
1 cup chopped fresh leafy greens 1 medium orange or apple or 1 cup fruit or yogurt	<i>Baseball</i>

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