

# Making Sense of Portion Sizes

Finding it hard to judge how much is a portion size? Below are some ways to help you picture serving or portion sizes using everyday objects. Using these everyday examples can help show you that they may actually be eating more servings from the Food Guide Pyramid than they think! (Please note that hands and finger sizes vary from person to person! These are guides only.)

<i>The Bread, Cereal, Rice, and Pasta Group</i>	
1 cup of potatoes, rice, pasta	Is a tennis ball, ice cream scoop
1 pancake	Is a compact disc (CD)
½ cooked cup rice	Is a cupcake wrapper full
1 piece of cornbread	Is a bar of soap
1 piece of bread	Is an audiocassette tape
1 cup of pasta, spaghetti, cereal	Is a fist
2 cups of cooked pasta	Is a full outstretched hand

<i>The Vegetable Group</i>	
1 cup green salad	Is a baseball or a fist
1 baked potato	Is a fist
¾ cup tomato juice	Is a small styrofoam sup
½ cup cooked broccoli	Is a scoop of ice cream or a light bulb
½ cup serving	Is 6 asparagus spears; 7 or 8 baby carrot sticks or 1 ear of corn on the cob

<i>The Fruit Group</i>	
½ cup of grapes (15 grapes)	Is a light bulb
½ cup of fresh fruit	Is 7 cotton balls
1 medium size fruit	Is a tennis ball or a fist
1 cup of cut-up fruit	Is a fist
¼ cup raisins	Is a large egg

<i>The Milk, Yogurt, and Cheese Group</i>	
1 ½ ounces cheese	Is a 9-volt battery, 3 dominoes or your index and middle fingers
1 ounce of cheese	Is a pair of dice or your thumb
1 cup of ice cream	Is a large scoop the size of a baseball



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<b><i>The Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group</i></b>	
2 tablespoons peanut butter	Is a ping-pong ball
1 teaspoon peanut butter	Is a fingertip
1 tablespoon peanut butter	Is a thumb tip
3 ounces cooked meat, fish, poultry	Is a palm, a deck of cards or a cassette tape
3 ounce grilled/baked fish	Is a checkbook
3 ounce cooked chicken	Is a chicken leg and thigh or breast

<b><i>Fats, Oils, and Sweets</i></b>	
1 teaspoon butter, margarine	Is the size of a stamp the thickness of your finger or a thumb tip
2 tablespoons salad dressing	Is a ping-pong ball

<b><i>Snack Foods</i></b>	
1 ounce of nuts or small candies	Is one handful
1 ounce of chips or pretzels	Is two handfuls
½ cup of potato chips, crackers or popcorn	Is one man's handful
1/3 cup of potato chips, crackers or popcorn	Is one woman's handful

<b><i>Serving Dishes/Utensils</i></b>	
½ cup	Is a small fruit bowl, a custard cup or mashed potato scoop
1 ½ cups	Is a large cereal/soup bowl
1 ½ cups of pasta, noodles	Is a dinner plate, not heaped
½ cup of pasta, noodles	Is a cafeteria vegetable dish

***You might want to know that...***

- 1 cupped hand holds 2 tablespoons of liquid if you don't have measuring spoons.
- 1 slice of bread is one ounce or 1 serving; some rolls or bagels weigh 3 to 5 ounces or more making them equal to 3 to 5 servings of bread.

***Sources:***

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