

Downsizing Your Portions!

Match up the Food Guide Pyramid Recommended Serving Size with the Easy-to-Remember Measuring Guide

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|---|-------------------------------------|
| 1. 1/2 cup fruit, vegetable, cooked cereal, pasta or rice | 3 - a small 7" plate |
| 2. 3 ounces cooked meat, poultry, fish | 9 - four casino chips |
| 3. 1 tortilla | 1 - a child's fist or a custard cup |
| 4. 1 teaspoon margarine or butter | 7 - a 4-inch CD |
| 5. 2 tablespoons peanut butter | 6 - a computer mouse |
| 6. A small baked potato | 2 - a deck of cards |
| 7. 1 pancake or waffle | 4 - the size of a half dollar |
| 8. 1 cup of pasta or rice | 8 - a baseball |
| 9. 4 small cookies (like vanilla wafers) | 5 - a large egg |
| 10. 1-1/2 ounce of cheese | 10 - a human thumb |

Cornell Cooperative Extension of Onondaga County

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