



portion sizes you'll understand

An easy visual image can be helpful when estimating food portion sizes. Consider the following tips as you complete the Eye on Nutrition™ questionnaire*:

One **bread** or grain serving is equal to:

- One slice of bread or one half a bagel the size of a hockey puck
- One-half cup rice which is equal to a cupcake wrapper
- One-half cup pasta which equals an ice cream scoop
- A medium potato is the size of a computer mouse
- One ounce of snack foods – pretzels, etc. equals a large hand full

One **vegetable** and **fruit** serving is equal to:

- One piece the size of a tennis ball or one-half cup the size of a light bulb
- A cup of lettuce is four leaves
- A cup of fruit is the size of a baseball

Protein servings measure up:

- Three ounces of meat is the size of an audio cassette tape
- Three ounces of grilled fish is the size of a deck of cards or your checkbook
- One ounce of cheese is the size of four dice
- One teaspoon of peanut butter equals one dice

Fat estimates include:

- For a teaspoon of fat look to the tip of your thumb
- A tablespoon of fat is equal to three teaspoons

*This information has been adapted from the American Dietetic Association and can be found at www.eatright.org.