

Portion Sizes

In addition to paying attention to the types of foods that you eat, it is also important to watch how much you are eating. It is very easy to eat more food than our bodies really need, so we must learn how much food to eat at each meal and snack. The following are some tips to help you visualize what a serving size should look like.



1 fist = 1 cup



Palm of your hand = 1 serving of meat



Whole thumb = 1 tablespoon



1 tennis ball = ½ cup fruit, veggies, cereal, rice, potatoes, pasta, ice cream



1 deck of cards = 3 ounces of meat, chicken, or fish



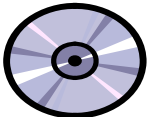
1 golf ball = ¼ cup nuts or dried fruit



1 hockey puck = 1 small bagel



1 baseball = 1 cup chopped fruit or veggies



1 CD = 1 pancake or small waffle



6 dice = 1 ½ ounces of cheese



1 computer mouse = 1 baked potato



1 ping pong ball = 2 tablespoons of peanut butter

