

Size it up!

To put your healthful eating plan into action, you need to know what one serving looks like. The portion or amount of a food that you choose to eat may be more or less than one serving. If you choose a large portion, it may count as 2 servings, a small portion may only be half a serving.

Learning to judge servings sizes takes a little practice. And, since carrying around measuring cups and a scale just isn't practical, here are some examples to help you make quick estimates.

Food of this weight ▶ is the same size as	
3 ounces of meat, poultry or fish ▶	Deck of playing cards, cassette tape or the palm of a woman's hand
1 ounce of meat, poultry or fish ▶	Matchbook
1 cup of fruit or yogurt ▶	Baseball
1/2 cup of chopped vegetables ▶	Three regular ice cubes
1 medium potato ▶	Computer mouse
1 cup of potatoes, rice or pasta ▶	Size of a fist or a tennis ball
1 medium orange or apple ▶	Baseball
1 standard bagel ▶	Hockey puck
1 chopped fresh leafy greens ▶	4 lettuce leaves
2 tablespoons peanut butter ▶	Golf ball
1 ounce of cheese ▶	Four dice or a tube of lipstick
1 slice of cheese ▶	3.5-Inch computer disk
1/2 cup of cooked vegetables ▶	6 asparagus spears 7-8 baby carrots or carrot sticks 1 ear of corn 3 spears of broccoli
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