

Serving Size Visuals

It is not only important to watch the quality of foods you are eating, it is important to watch how much you are eating too. It is possible to over-eat even healthy food choices, which can lead to excess calories, weight gain and other health issues. However, measuring serving sizes doesn't need to be a complicated task.

Use these everyday objects as visuals to guide how much food you are putting on your plate and as an easy way to keep your serving sizes (and waistline!) in check.

Serving Size	Visual
1 cup of fruits (1 medium fruit) or vegetables or whole grains	Baseball, tennis ball, yo-yo, 1 fist, or ice cream scoop
½ cup	2 golf balls, 7 cotton balls, ½ baseball, light bulb, or a billiard ball
3 ounces of beef, poultry or fish	A dollar bill, a deck of cards, checkbook, an iPod, mini pack of tissues, audio cassette tape, box of 8 crayons, 2-3 CDs (for sliced meat), or outstretched palm
1 ounce of meat	½ cup cooked beans, 1 egg, 2 tablespoons of peanut butter, base of tea cup
1 pancake	CD/DVD
1 baked potato	Computer mouse or 1 medium fist
1 piece of bread	1 cassette tape or index card
1 piece of cornbread or a roll	1 bar of soap
2 tablespoons of peanut butter	Ping pong ball
1 teaspoon of olive oil	Standard postage stamp
1 teaspoon of margarine	1 dice or finger tip
1 ounce of cheese	3 dice
1 ½ ounce of hard cheese	4 dice, 3 dominos, 9 volt battery, or index and middle finger
1 ounce of nuts	1 handful or 1 golf ball
1 ounce of chips or pretzels	2 handfuls