

# What's in a Serving Size?

Finding it hard to picture a serving size? Everyday examples can help you compare your portion size with the standard Food Guide Pyramid serving size. **Note: hands and finger sizes vary from person to person! These are GUIDES only.**

## The Bread, Cereal, Rice, and Pasta Group

- 1 pancake..... is a compact disc (CD)
- ½ cooked cup rice, pasta..... is a cupcake wrapper full or a rounded handful
- 1 piece of cornbread..... is a bar of soap
- 1 slice of bread ..... is an audiocassette tape
- 1 cup of cereal ..... is tennis ball
- 1 roll ..... is a bar of soap

## The Vegetable Group

- 1 cup green salad..... is a tennis ball
- 1 baked potato..... is a tennis ball
- ¾ cup tomato juice..... is a small Styrofoam cup
- ½ cup cooked broccoli..... is a scoop of ice cream or a light bulb
- ½ cup serving ..... is 6 asparagus spears/7 or 8 baby carrots/1 ear of corn

## The Fruit Group

- ½ cup of grapes (15 grapes)..... is a light bulb
- ½ cup of fresh fruit ..... is 7 cotton balls
- 1 medium size fruit..... is a tennis ball
- 1 cup of cut-up fruit ..... is a tennis ball
- ¼ cup raisins..... is a large egg or a golf ball

## The Milk, Yogurt, and Cheese Group

- 1½ ounces cheese ..... is a 9-volt battery
- 1 ounce of cheese ..... is a pair of dice
- 1 cup of ice cream..... is the size of a tennis ball

## The Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group

- 2 tablespoons peanut butter..... is a Ping-Pong ball
- 3 ounces cooked meat, fish, poultry..... is a deck of cards
- 3 ounces grilled/baked fish..... is a checkbook
- 3 ounces cooked chicken ..... is a chicken leg and thigh or a breast
- 1 cup cooked dried beans ..... is a tennis ball
- 1 ounce of nuts..... is one handful

## Fats, Oils and Sweets

- 1 teaspoon butter, margarine ..... is the size of a stamp the thickness of your finger
- 2 tablespoons salad dressing..... is a Ping-Pong ball
- 1 ounce of chocolate ..... is one package of dental floss
- 1 ounce of small candies..... is one handful
- 1 ounce of chips or pretzels ..... is two handfuls
- ½ cup of potato chips, crackers or popcorn..... is one handful