

Size It Up!

A Guide to Portion Sizes

3 ounces of meat, poultry or fish	Deck of playing cards or the palm of a woman's hand
1 ounce of cheese, meat, poultry or fish	The size of your thumb, a matchbook, four dice or a tube of lipstick
1 slice of cheese	3.5 inch computer disk
1 cup of fruit or yogurt	Baseball
1 medium orange or apple	Baseball or the size of your fist
1 cup chopped fresh leafy greens	4 lettuce leaves
$\frac{1}{2}$ cup of fruit, vegetables, cooked cereal, potatoes, rice or pasta	Size of a small fist, tennis ball, or an ice cream scoop
1 medium potato	Computer mouse
1 tortilla	A small plate (6-7 inches)
1 standard bagel	Hockey puck
1 pancake or waffle	A four-inch CD
1 muffin	Size of a large egg
1 - 2 ounces of nuts or pretzels	Your cupped hand
1 teaspoon of margarine or butter	A fingertip
1 tablespoon of salad dressing	1 thumb tip
2 Tablespoons peanut butter	Golf ball or 2 thumb tips

