








Seven Ways to Size Up Your Servings

Measure food portions so you know exactly how much food you're eating. When a food scale or measuring cups aren't handy, you can still estimate your portion.

Remember:

1	3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.	
2	A medium apple or peach is about the size of a tennis ball.	
3	1 ounce of cheese is about the size of 4 stacked dice.	
4	1/2 cup of ice cream is about the size of a racquetball or tennis ball.	
5	1 cup of mashed potatoes or broccoli is about the size of your fist.	
6	1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.	
7	1 ounce of nuts or small candies equals one handful.	

MOST IMPORTANT

Especially if you're cutting calories, remember to keep your diet nutritious.



2-4 servings from the Milk Group for calcium



3-5 servings from the Vegetable Group for vitamin A



2-3 servings from the Meat Group for iron



2-4 servings from the Fruit Group for vitamin C



6-11 servings from the Grain Group for fiber