

Tips for Portion Sizes

Variety and moderation are keys to a healthy lifestyle. Eating the right amount of food is just as important as choosing foods from each group. Using common items you can “eyeball” appropriate portion sizes of your favorite foods.



FRUITS

- 1 medium apple = baseball
- ¼ cup raisins = golf ball
- 100% orange juice = light bulb

VEGETABLES

- 1 cup vegetables = baseball
- 1 small potato = computer mouse

DAIRY

- 1 cup milk or yogurt = baseball
- 1½ oz. cheese = 6 dice

GRAINS

- ½ cup cooked cereal = tennis ball
- ½ cup pasta or rice = tennis ball
- 1 cup dry cereal = baseball
- 1 bagel = hockey puck
- 1 pancake = music CD

PROTEIN

- 3 oz. beef, poultry, fish = deck of cards
- 2 tbsp peanut butter = golf ball
- ½ cup beans = computer mouse