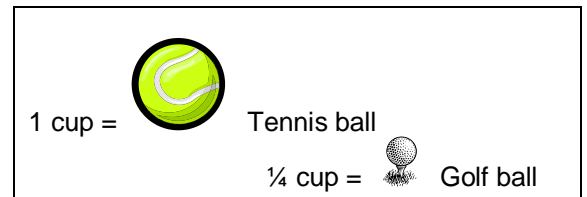


VISUALIZE YOUR PORTION SIZE

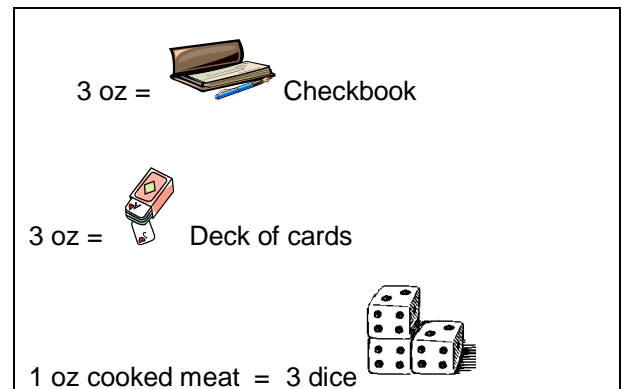
Visual hints-

- $\frac{1}{4}$ cup is about the size of a golf ball or ping pong ball.
- 1 cup is about the size of a tennis or baseball.
- A 1 inch diameter sauce cup will hold one ounce.
- A 'pint' deli container holds 16 oz or about 2 cups.



Meats-

- 3 oz portion is similar in size to a deck of cards
- 1 oz of cooked meat is similar in size to 3 dice.
- A 1-inch meatball is about one ounce.
- 4 oz of raw, lean meat is about 3 ounces after cooking.
- 3 oz of grilled fish is the size of a checkbook.

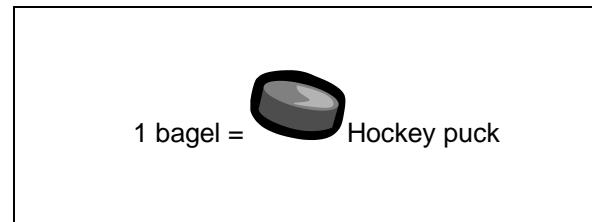


Fruits and Vegetables-

- A medium apple, peach, or orange is about the size of a tennis ball.
- For cut fruit and vegetables such as watermelon, broccoli, or peas use cups. Also, for small fruit like strawberries or grapes, please use cups.
1 cup of fruit is about the size of a tennis or baseball
- For fruits with variable sizes, like a banana, please measure and record the length in inches.

Cereal and Pasta-

- 1-cup cooked pasta is about the size of a tennis ball.
- A small bagel is the size of a hockey puck.



Cheese, Butter and Spreads-

- 1 oz of cheese is about a 1 inch square or about the size four stacked dice.
- 1 Tbsp of peanut butter / butter is about the size of your thumb.
- 1 tsp of peanut butter is the size of the area from the base of your thumbnail to the tip of your thumb.
- A typical salad dressing ladle in a restaurant will hold 3-4 Tbsp of dressing.