

Be a Pro at Portion Control



1 deck of cards (3-4 ounces)

= Serving size of meat

- chicken, steak, pork, etc.
- Approximately size of palm of hand



1 baseball

= 1 larger serving of vegetables (3/4 cup leafy greens)

= 1 large piece of fruit

= 1 cup dried cereal



1 tennis ball

= 1 small piece of fruit

= 1/2 cup ice cream



1 small to medium size computer mouse

= 1 potato, sweet potato or yam

= 1/2 cup beans



= 3-4 ounces of fish

Checkbook



1 CD

= 1 pancake or waffle

= 1 piece slice bread



= 1 ounce cheese

4-6 dice (depending on size)



= 1 ounce seeds & nuts (or about ¼ cup)
= 1 ounce dried fruit (raisens, craisins)
= 1 serving size condiments or dressing

1 golf ball



= 1 serving peanut butter
= 1.5 ounces cheese

9 volt battery



= 1 cookie

3 inch compact



= 1 muffin

1 rose in bloom



= 1 serving of avocado

¼ avocado



= 1 ounce dark chocolate

1 (small) kitchen magnet

