

Arthritis Today Portion Size Chart

Serving sizes are smaller than most of us imagine. Visualizing table-spoons, ounces and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. Use these comparisons to eyeball proper portion sizes and end portoin distortion.

VISUAL AID	FOOD
1 tennis ball 	 1 cup cooked pasta or rice
4 dice 	 1.5 oz. hard cheese
1 deck of cards 	 3 oz. steak, chicken or pork
1 checkbook 	 3 oz. fish fillet
1 shot glass 	 2 Tbsp. salad dressing
1 die 	 1 tsp. butter or margarine
1 2-oz. Dixie cup 	 1 oz. of nuts
1 baseball 	 1 cup of raw leafy vegetables
1 light bulb 	 1/2 cup of vegetables
1 cell phone 	 1/2 cup fruit
1 makeup compact 	 1 cookie
1 hockey puck 	 1/2 a medium bagel