



Observing your serving

In this world of super-sized meals, it's hard to know exactly how big a serving size really is.

This handy guide will help you use everyday items to determine the appropriate proportion of your portion.



1 serving of meat or poultry

=



A deck of cards



1 serving of pancakes

=



A compact disc



1 serving of fish

=



A checkbook



1 serving of cheese

=



Six dice



1 serving of peanut butter

=



A ping-pong ball



1 serving of ice cream

=



A tennis ball



1 serving of baked potato

=



A computer mouse



1 serving of dried fruit or nuts

=



A golf ball



For more information on health and well-being, visit good-sam.com/resources

SOURCES:

www.nlm.nih.gov/medlineplus/ency/patientinstructions/000337.htm, www.cnpp.usda.gov/sites/default/files/dietary_guidelines_for_americans/PolicyDoc.pdf