







Do you have Portion Control?

Use these everyday items to determine correct serving sizes.





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<p>1 slice of bread</p>  <p>= a CD case</p>	<p>1 cup of cereal</p>  <p>= two cupped hands</p>	<p>1/2 cup of cooked pasta</p>  <p>= one cupped palm</p>	<p>1 bagel</p>  <p>= a hockey puck</p>
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<p>1/2 cup of cut vegetables</p>  <p>= the bulb part of a light bulb</p>	<p>1 medium baked potato</p>  <p>= a computer mouse</p>	<p>1 cup of salad greens</p>  <p>= two cupped hands</p>	<p>1 cup of broccoli</p>  <p>= a baseball</p>
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<p>1 piece of fruit</p>  <p>= a baseball</p>	<p>1/4 cup of dried fruit</p>  <p>= a golf ball</p>	<p>1/2 cup of cut fruit or grapes</p>  <p>= the bulb part of a light bulb</p>	<p>1 cup of fruit juice</p>  <p>= a fist</p>
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<p>1 ounce of cheese</p>  <p>= 4 dice</p>	<p>1/2 cup of ice cream</p>  <p>= a tennis ball</p>	<p>1 cup of milk</p>  <p>= a fist</p>	<p>1 teaspoon of butter</p>  <p>= tip of thumb</p>
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<p>3 ounces of meat</p>  <p>= a deck of cards</p>	<p>2 tablespoons of peanut butter</p>  <p>= 2 dominoes</p>	<p>1 ounce of nuts</p>  <p>= a golf ball</p>	<p>3 ounces of fish</p>  <p>= a checkbook</p>
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