

Portion Sizes - Basic Guidelines

| | | |
|-------------------------|---|------------------|
| 1 cup | = | baseball |
| ½ cup | = | lightbulb |
| 1 tbsp | = | poker chip |
| 1 slice of bread | = | cassette tape |
| 1 oz or 2 tbsp | = | golf ball |
| 3 oz chicken or meat | = | deck of cards |
| 3 oz fish | = | checkbook |
| 1 oz lunch meat | = | compact disc |
| 3 oz muffin or biscuit | = | hockey puck |
| 1½ oz cheese | = | 3 dice |
| 1 cup of cereal flakes | = | baseball |
| 1 pancake | = | compact disc |
| ½ cup of cooked rice | = | lightbulb |
| ½ cup cooked pasta | = | lightbulb |
| 1 slice of bread | = | cassette tape |
| 1 bagel | = | 6 oz can of tuna |
| 3 cups popcorn | = | 3 baseballs |
| 1½ oz cheese | = | 3 stacked dice |
| 1 cup yogurt | = | baseball |
| ½ cup frozen yogurt | = | lightbulb |
| ½ cup ice cream | = | lightbulb |
| 1 tbsp butter or spread | = | poker chip |
| 1 tbsp salad dressing | = | poker chip |
| 1 tbsp mayonnaise | = | poker chip |

Portion Sizes - Basic Guidelines (cont.)

| | | |
|--------------------------|---|-----------------------|
| 1 tbsp oil | = | poker chip |
| 1 piece chocolate | = | dental floss package |
| 1 brownie | = | dental floss package |
| 1 slice of cake | = | deck of cards |
| 1 cookie | = | about 2 poker chips |
| 1 medium fruit | = | baseball |
| ½ cup grapes | = | about 16 grapes |
| 1 cup strawberries | = | about 12 berries |
| 1 cup of salad greens | = | baseball |
| 1 cup carrots | = | about 12 baby carrots |
| 1 cup cooked vegetables | = | baseball |
| 1 baked potato | = | computer mouse |
| 3 oz lean meat & poultry | = | deck of cards |
| 3 oz grilled/baked fish | = | checkbook |
| 3 oz tofu | = | deck of cards |
| 2 tbsp peanut butter | = | golf ball |
| 2 tbsp hummus | = | golf ball |
| ¼ cup almonds | = | 23 almonds |
| ¼ cup pistachios | = | 24 pistachios |