

## Visualize your portion size

Healthy eating includes making healthful food choices and understanding portion sizes. What exactly is a portion? Do you know what a half a cup of vegetables looks like? How much is three ounces of chicken?

Once you've learned portions, they stay with you forever. If you're looking for some easy ways to know if your serving size is right, try these tips:

✚ A teaspoon of margarine is equivalent to the tip of a thumb to the first joint



✚ Three ounces of meat is the size of a deck of cards or a cassette tape

✚ One cup of pasta is the size of a tennis ball



✚ An ounce and a half of cheese is the size of three dominoes

✚ Two tablespoons of peanut butter is the size of a ping pong ball



✚ One-half cup of vegetables is the size of a light bulb



✚ A medium potato should be the size of a computer mouse.

✚ A cup of fruit is the size of a baseball.

✚ A cup of lettuce is four leaves.

✚ Three ounces of grilled fish is the size of your checkbook.

✚ One ounce of cheese is the size of four dice.

✚ One teaspoon of peanut butter equals one die.

✚ One ounce of snack foods-- pretzels, etc. = a large handful.



Learning to recognize portions, with simple measures, can make it easy to judge portions whether at home or away. So why not get control by checking out the portions you choose.

*Produced by ADA's Public Relations Team*

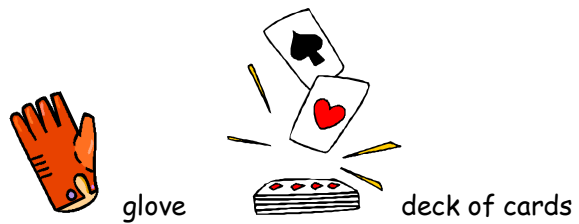
## Serving Size Test

Mark the correct portion size.

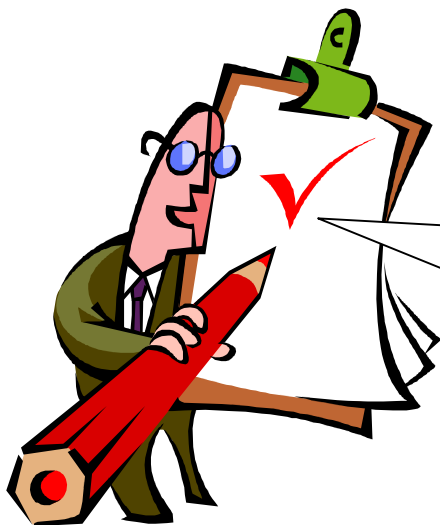
1. Susie is putting margarine on her toast for breakfast.



2. Mark is at Luby's® for dinner. His serving of meat should be?



3. Frank is going to have a fruit serving.



It takes practice to figure out serving sizes. Americans are getting used to 'super size', so it's difficult to keep track of true serving sizes. As you practice it may help to name objects to remember the right serving size. Share some of your ideas about serving size with your class, friends, and family.