SEVEN WAYS TO SIZE UP YOUR SERVINGS

Measure food portions so you know exactly how much food you’re eating. When a food scale or measuring cups aren’t handy, you can still estimate your portion. Remember:

1. 3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.

2. A medium apple or peach is about the size of a tennis ball.

3. 1 oz of cheese is about the size of 4 stacked dice.

4. ½ cup of ice cream is about the size of a racquetball or tennis ball.

5. 1 cup of mashed potatoes or broccoli is about the size of your fist.

6. 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.

7. 1 ounce of nuts or small candies equals one handful.

MOST IMPORTANT

Especially if you’re cutting Calories, remember to keep your diet nutritious.

2-4 servings from the Milk Group for calcium

2-3 servings from the Meat Group for iron

6-11 servings from the Grain Group for fiber

2-4 servings from the Vegetable Group for vitamin A

2-4 servings from the Fruit Group for Vitamin C

Source: National Dairy Council L 50018-5616
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