

# Portion Size Guide

One of the key ways to lose weight and maintain a healthy weight is through portion control. Research has shown that Americans often underestimate how many calories they are consuming each day by as much as 25%.

When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all too easy to misjudge correct portion sizes. So instead of trying to memorize lists of ounces, cups, and tablespoons, simply compare the serving sizes of particular foods to familiar physical objects. Here are some easy comparisons to help you figure out how many servings are on your plate.

## Basic Guidelines



1 cup = baseball



1/2 cup = lightbulb



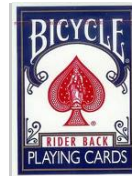
1 oz – 2 tbsp  
= golf ball



1 1/2 oz cheese  
= 3 dice



1 oz lunch meat  
= 1 CD



3 oz chicken or meat  
= deck of cards



### GRAINS

1 cup of cereal flakes = baseball  
1 pancake = CD  
1/2 cup of cooked rice = lightbulb  
1 bagel = hockey puck  
3 cups popcorn = 3 baseballs



### FRUITS & VEGETABLES

1 medium fruit = baseball  
1/2 cup grapes = 16 grapes  
1 cup strawberries = 12 berries  
1 cup salad greens = baseball  
1 baked potato = computer mouse



### MEATS, FISH & NUTS

3 oz grilled fish = deck of cards  
2 tbsp peanut butter = golfball  
2 tbsp hummus = golfball  
1/4 cup almonds = 23 almonds  
1/4 cup pistachios = 24 pistachios



### DAIRY & CHEESE

1 cup yogurt = baseball  
1/2 cup frozen yogurt = lightbulb  
1/2 cup ice cream = lightbulb



### FATS & OILS

1 tbsp butter = poker chip  
2 tbsp salad dressing = golfball



### SWEETS & TREATS

1 cookie = 2 poker chips  
1 slice of cake = deck of cards  
1 brownie = dental floss package