


















Eat Well, Feel Well...
What is a serving size?

Basic Guidelines

1 cup	Baseball	
½ cup	Light bulb	
1 ounce or 2 tablespoons	Golf ball	
1 tablespoon	Poker chip	
3 ounce meat	Deck of cards	
3 ounce fish	Checkbook	

Portion Sizes

1 cup cereal flakes	Baseball	
1 pancake	CD	
½ cup cooked rice or pasta	Light bulb	
2 ounce cheese	4 dice	
1 cup yogurt	Baseball	
½ cup ice cream	Light bulb	
1 medium fruit	Baseball	
2 Tbsp. peanut butter	Golf ball	
3 ounces of meat	Deck of cards	
Sub sandwich or burrito	6 inches or a dollar bill	