SERVING SIZE

Being able to estimate what a serving size looks like is useful in helping with portion control. Here are some helpful tips in visualizing serving sizes:

- Computer mouse = A medium baked potato
- Tennis ball = 1/2 cup cooked pasta, 1/3 cup cooked rice, or 1 serving of ice cream
- CD or DVD = one serving of pancake or a small waffle
- Baseball = 8 oz of yogurt, 1 cup of beans, or 1 cup of dry cereal
- Deck of cards = 3 oz serving of meat, fish, poultry; or 10 chips or French fries
- Ping pong ball = 2 tablespoons of peanut butter
- A rounded handful = 1.5 cups veggies or fruit, or snack serving of crisps or pretzels