

SIZE UP YOUR SERVINGS

NOT QUITE SURE HOW MUCH YOU'RE EATING?

Estimate your healthy serving portions without using a scale or measuring cup! (size not to scale)



3 ounces of meat is about the size of a

deck of cards





is about the size of a tennis ball





l serving of cheese

is about the size of 6 dice





1 serving of butter

is about the size of a postage stamp











1 cun of broccoli

is about the size of a baseball





is about the size of a ping pong ball





is about the size of a tennis ball











5 1/2 ounces of protein



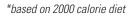
1½ cups of vegetables



2 cups of fruit



6 ounces of grains and make ½ whole grains



References

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