HOW DO YOUR PORTION SIZES MEASURE UP?

If you compare portion sizes today to what they were 20 years ago you'll come to learn why our waistlines have been consistently expanding. Pre-packaged and restaurant foods are frequently served in large portions, and portion sizes just keep growing!

Let's see how your portion sizes measure up – the following chart provides recommended portion sizes for various food groups.

THE SIZE OF A	EQUIVALENT	FOODS	CALORIES
BASEBALL	1 cup	Rice, pasta Fruit Veggies	200 75 40
DECK OF CARDS	3 ounces	Meat Fish Poultry	160 160 160
FOUR DICE	1 ounce	Nuts Raisins	170 85

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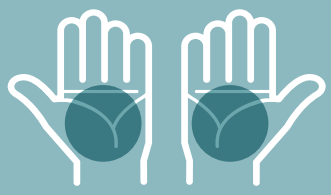
THE SIZE OF A	EQUIVALENT	FOODS	CALORIES
 LIGHTBULB	1 ounce	Chips Popcorn Pretzels	150 120 120
DOMINO	1 ounce	Peanut butter Hard cheese	170 100
QUARTER	1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

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