



## Size It Up!

Use these common items to better estimate the amount of food you eat.

3 ounces of meat, poultry or fish	Deck of playing cards, cassette tape or the palm of a woman's hand
3 ounces of fish	Checkbook
1 ounce of meat, poultry or fish 1 Tablespoon of mayonnaise, salad dressing or jelly/jam	Matchbook
1 cup of fruit or yogurt 1 medium orange or apple	Baseball
1/2 cup of chopped vegetables	3 regular ice cubes or 1/2 a baseball
1 medium potato	Computer mouse
1 cup of potatoes, rice or pasta	Size of a fist or a tennis ball
1/2 cup of cooked cereal, pasta, rice or 1 ounce of dried cereal	Cupcake wrapper
1 average bagel	Hockey puck
1 cup chopped fresh leafy greens	4 large lettuce leaves
2 Tablespoons of peanut butter	Golf ball
1 ounce of cheese	4 dice or a tube of lipstick
1 slice of cheese	3.5 inch computer disk
1 ounce of chips, pretzels or party mix	1 hand full
1/4 cup of nuts	1 layer on your palm