Portion Size Guide

Directions: Complete the chart by filling in the correct food group for each food item. The completed chart may be used as a guide to help you understand proper portion sizes.

Food Item	Food Group	Measurement	Comparison
Chopped			
vegetables		½ cup	Computer mouse
Fresh fruit		½ cup	7 cotton balls
Raw, leafy			
vegetables		1 cup	A baseball
Cooked rice or			
pasta		½ cup	Cup cake liner
			Tube of chapstick
String cheese		2 oz.	or lipstick
Hard cheese		1 ½ oz.	A 9-volt battery
			A deck of playing
Meat		2-3 oz.	cards
Salad dressing		2 T.	A ping pong ball
Milk or Yogurt		1 cup	A tennis ball
Apple or peach		1 medium	A tennis ball
Ice cream		½ cup	A tennis ball
Broccoli or			
mashed potatoes		1 cup	A fist
Butter		1 t.	A postage stamp
			Amount you can
Nuts		1 oz.	hold in one hand
Peanut butter		2 T.	A film canister

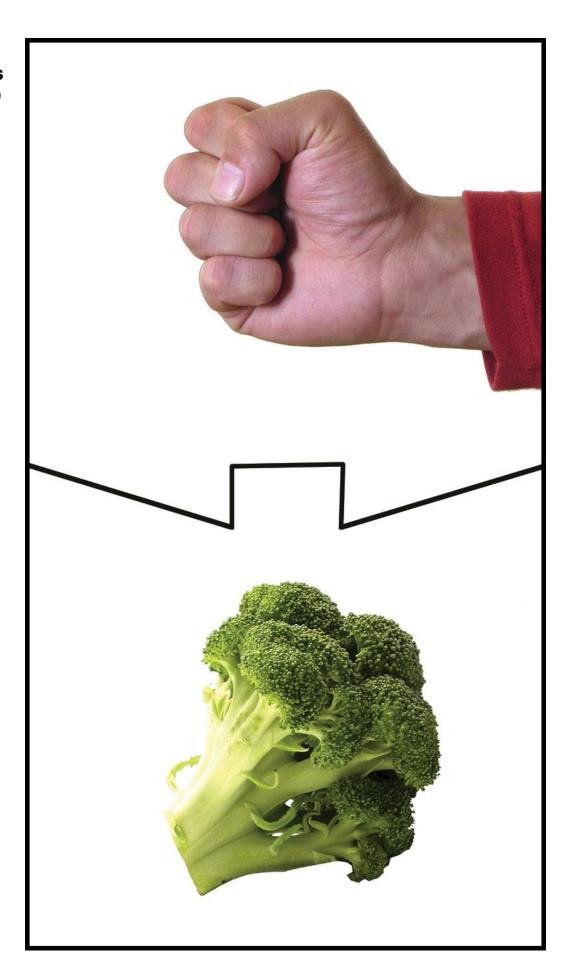
Puzzle Pieces (page 1 of 13)

Puzzle Pieces (page 2 of 13)

Puzzle Pieces (page 3 of 13)

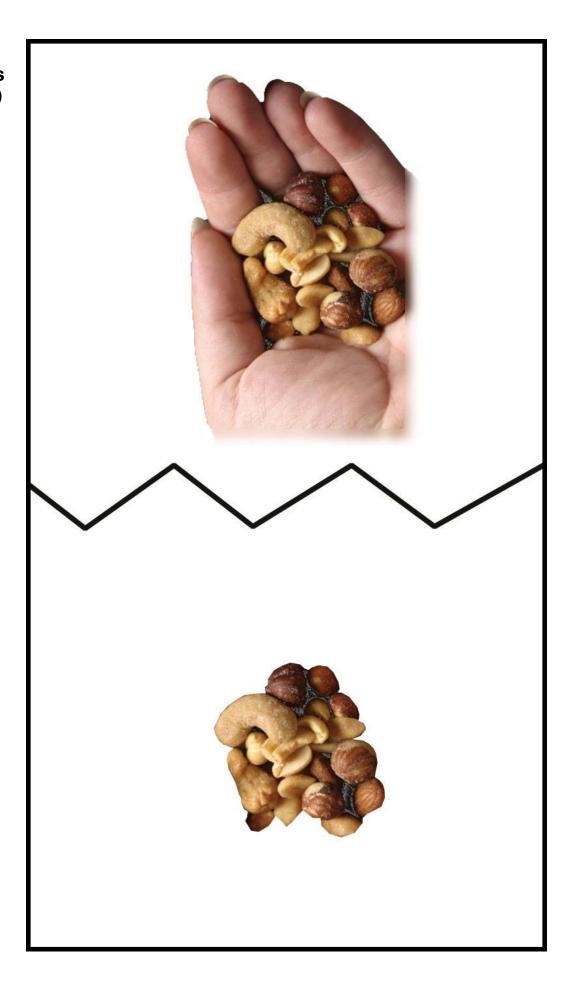
Puzzle Pieces (page 4 of 13)

Puzzle Pieces (page 5 of 13)



Puzzle Pieces (page 6 of 13)

Puzzle Pieces (page 7 of 13)



Puzzle Pieces (page 8 of 13)

Puzzle Pieces (page 9 of 13)

Puzzle Pieces (page 10 of 13)

Puzzle Pieces (page 11 of 13)

Puzzle Pieces (page 12 of 13)

Puzzle Pieces (page 13 of 13)