

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
String cheese		2 oz.	Tube of chapstick or lipstick
Hard cheese		1 ½ oz.	A 9-volt battery
Meat		2-3 oz.	A deck of playing 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
Nuts		1 oz.	Amount you can 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)**

