

# Estimating Serving Sizes

Use the following information to help compare some foods and to give you a more concrete idea of the size of one serving. It can also be used to estimate serving sizes for foods eaten at restaurants. Understanding serving size can help you balance your diet to eat an appropriate number of servings from each food group.

## Food Item

## Approximate Size

1 cup pasta or cereal

woman's fist

1 pancake

CD

1/2 cup cooked rice

tennis ball

1 1/2 ounces cheese

9-volt battery

1 medium-sized fruit

tennis ball

1/2 cup vegetables

lightbulb

2 tablespoons peanut butter

golf ball

3 ounces cooked meat

palm of your hand

1/4 cup raisins

large egg

1 teaspoon fat

one six-sided die