

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	Baseball
Cooked rice or pasta		½ cup	Cupcake liner
String cheese		2 oz.	Tube of chapstick or lipstick
Hard cheese		1 ½ oz.	9-volt battery
Meat		2-3 oz.	Deck of playing cards
Salad dressing		2 T.	Ping pong ball
Milk or yogurt		1 cup	Tennis ball
Apple or peach		1 medium	Tennis ball
Ice cream		½ cup	Tennis ball
Broccoli or mashed potatoes		1 cup	A fist
Butter		1 t.	Postage stamp
Nuts		1 oz.	Amount you can hold in one hand
Peanut butter		2 T.	Film canister