

Portion Size Guide

Directions: Complete the chart by coloring in the Food Group sections with the correct color for each food item. Fruits = Red, Vegetables = Green, Grains = Orange, Protein = Purple, and Dairy = Blue

Food Item	Food Group	Measurement	Comparison
Chopped vegetables		1/2 cup	Computer mouse
Fresh fruit		1/2 cup	7 cotton balls
Raw, leafy vegetables		1 cup	Baseball
Cooked rice or pasta		1/2 cup	Cupcake liner
String cheese		2 ounces	Tube of chapstick or lipstick
Hard cheese		1 1/2 ounces	9-volt battery
Meat		2-3 ounces	Deck of playing cards
Milk or yogurt		1 cup	Tennis ball
Apple or peach		1 medium	Tennis ball
Ice cream		1/2 cup	Tennis ball
Broccoli or mashed potatoes		1 cup	A fist
Butter		1 teaspoon	Postage stamp
Nuts		1 ounce	Amount you can hold in one hand
Peanut butter		2 Tablespoons	Film canister