

Learn to Identify a Proper Serving Size.

Use these comparisons when preparing or serving meals. Controlling portion size is an important part of maintaining a healthy lifestyle.

1 SERVING ► SIMILAR TO:

1 Cup of Cereal



A FIST

1/2 Cup of Cooked Rice, Pasta, or Potato



1/2 BASEBALL

1 Baked Potato



A FIST

1 Medium Fruit



A BASEBALL



1 SERVING ► SIMILAR TO:

1/2 Cup of Fresh Fruit



1/2 BASEBALL

1 1/2 Ounces of Low-Fat or Fat-Free Cheese



4 STACKED DICE

1/2 Cup of Ice Cream



1/2 BASEBALL

2 Tablespoons of Peanut Butter



A PING-PONG BALL