






## PORTION CONTROL

Confused about serving sizes? These visual cues can help you easily estimate them.

Contrary to what you might think, portion control does not require taking drastic measures. Memorizing a complete inventory of food serving sizes or carrying measuring cups with you to meals just isn't necessary. Simply use these serving size guide illustrations to help you easily identify accurate portions.

### How to count servings

<b>Vegetables</b>			
1 cup broccoli	25	1 baseball	
2 cups raw, leafy greens	25	2 baseballs	
<b>Fruits</b>			
½ cup sliced fruit	60	Tennis ball	
1 small apple or medium orange	60	Tennis ball	
<b>Carbohydrates</b>			
½ cup pasta or dry cereal	70	Hockey puck	
½ small bagel	70	Hockey puck	
1 slice whole-grain bread	70	Hockey puck	
½ medium baked potato	70	Hockey puck	
<b>Protein/Dairy</b>			
3 ounces of fish	110	Deck of cards	
2-2½ ounces of meat	110	¾ deck of cards	
1½-2 ounces of hard cheese	110	⅓ deck of cards	
<b>Fats</b>			
1½ teaspoons peanut butter	45	2 dice	
1 teaspoon butter or margarine	45	1 die	

Remember that a portion is not the same as a serving. A portion is an amount of food on your plate. A serving is a specific amount of food that equals a certain number of calories. Often the "portion" you eat contains more than one "serving." Keep that in mind while cooking and making food selections