I hear the term "serving size" often, but what does it really mean?

Below is a guide that can help you understand what serving sizes look like for different foods.

Grain products

- 1 cup of cereal flakes = fist
- 1 small bagel or ½ large bagel = can of tuna
- 1 pancake = CD case
- ½ cup of cooked rice, pasta, or potato = ½ baseball
- 1 slice of bread = CD case

Vegetables and fruit

- 1 cup of salad greens = baseball
- ½ cup other vegetables = ½ baseball
- 1 baked potato = computer mouse
- 1 medium fruit = baseball
- ½ cup of fresh fruit = ½ baseball
- ¼ cup of raisins/dried fruit = large egg

Dairy and cheese

- 1½ oz. cheese = 4 stacked dice
- ½ cup of ice cream = ½ baseball
- 1 cup milk or yogurt = baseball

Meat and alternatives

- 3 oz. meat, fish, and poultry = deck of cards
- 3 oz. grilled/baked fish = checkbook
- 2 Tbsp. peanut butter = ping pong or golf ball
- 1 oz. of nuts = palm of the hand

Fats

- 1 tsp. butter, margarine or spreads = 1 die

Measuring guide

1 tablespoon = 3 teaspoons
¼ cup = 4 tablespoons
4 oz. = ½ cup
8 oz. = 1 cup

1 pint = 2 cups (16 oz.)
1 quart = 2 pints (32 oz.)
1 gallon = 4 quarts (128 oz.)

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