

SIZE IT UP

know how much food you are really eating

measure what you eat by comparing it to common items
listed below are serving sizes...and what they look like



1 ounce of bread...1 slice of store bought bread
1 muffin/ cinnamon roll...a doorknob
1/2 cup of pasta/rice...a tennis ball
1 cup of cereal...goes halfway up the side of a standard cereal bowl



1 cup of broccoli...a light bulb
1 cup of vegetables...the size of a fist
1/2 cup of vegetables...a tennis ball or could fit in the palm of your hand



a medium apple/pear/peach...a tennis ball
1/2 cup of fruit...size of tennis ball or could fit in the palm of your hand



1/2 cup ice cream or cottage cheese...a tennis ball
1 ounce of cheese...as thick as 2 dominos or the size of a string cheese



3 ounce serving of meat or fish...deck of playing cards
3 ounces of poultry...1/2 of a whole chicken breast
1 ounce of nuts...one handful
1 tablespoon peanut butter...about the size of your thumb
2 ounces...1/2 cup of tuna



1 tablespoon of butter...about the size of your thumb
1 teaspoon mayonnaise...about the size of half your thumb

DISCRETIONARY (EXTRA)CALORIES

1 cookie...the size of an Oreo
1 brownie...1/2 a deck of cards
1/2 ounce of chips...1 small snack size bag of chips