

What's in a Serving Size?

Below are some more examples of serving sizes related to household items.

Grains

1 pancake	Is a compact disc (CD)
1 piece of cornbread	Is a bar of soap
1 slice of bread	Is an audiocassette tape
1 cup of cereal	Is a tennis ball
1 roll	Is a bar of soap
½ cup cooked rice or pasta	Is a cupcake wrapper or a rounded handful

Vegetables

1 cup green salad	Is a tennis ball
1 baked potato	Is a tennis ball
¾ cup tomato juice	Is a small Styrofoam cup
½ cup cooked broccoli	Is a scoop of ice cream or a light bulb
½ cup serving	Is 6 asparagus spears or 7 or 8 baby carrots or 1 ear of corn

Fruits

½ cup of grapes (15 grapes)	Is a light bulb
½ cup of fresh fruit	Is 7 cotton balls
1 medium size fruit	Is a tennis ball
1 cup of cut-up fruit	Is a tennis ball
¼ cup raisins	Is a large egg or a golf ball

What's in a Serving Size?

Dairy

1 ½ ounces cheese	Is a 9-volt battery
1 ounce of cheese	Is a pair of dice
1 cup of ice cream	Is the size of a tennis ball

Meat and Beans

2 tablespoons peanut butter	Is a ping-pong ball
3 ounces cooked meat, fish, poultry	Is a deck of cards
3 ounce grilled/baked fish	Is a checkbook
3 ounces cooked chicken	Is a chicken leg and thigh or a breast
1 cup cooked dried beans	Is a tennis ball
1 ounce of nuts	Is one handful

Fats and Oils

2 tablespoons salad dressing	Is a ping pong ball
1 ounce of chocolate	Is one package of dental floss
1 ounce of small candies	Is one handful
1 ounce of chips or pretzels	Is two handfuls
½ cup of potato chips, crackers or popcorn	Is one handful
1 teaspoon butter, margarine	Is the size of a stamp the thickness of your finger