

Serving Size Reference Chart by Food Group

Grains Group	
1 ounce. bread or 1 slice of bread	1 CD case
10 French fries	1 deck of cards
½ cup cooked rice or pasta	1 computer mouse or rounded handful
½ cup of cereal	1/2 a baseball
1 ounce pretzels	1 tennis ball
1 cup of air popcorn	1 baseball
Vegetables Group	
1 cup raw leafy vegetables	1 baseball
½ cup vegetables	1 computer mouse
1 small potato	1 computer mouse
Fruit Group	
1 medium fruit such as an apple or an orange	1 tennis ball or the size of your fist
1 cup of berries	1 tennis ball or the size of an adult female fist
¾ cup juice	6 ounce juice can or carton (1 ½ servings)
½ cup chopped or canned fruit	1 computer mouse
Milk and Milk Products Group	
1 ounce cheese	1 pair of dice or the size of your thumb or tube of lipstick
1 ounce slice of cheese	1 CD case
1 ½ ounces Cheddar cheese	2 (9-volt) batteries
1 cup of milk	8 ounce carton of milk or a baseball
8 ounces yogurt	1 baseball or tennis ball
Protein Group	
1 ounce of meat or chicken	1 matchbook
3 ounces of meat, fish or poultry	1 deck of cards (3 servings) or iPod
3 ounces of fish fillet	1 checkbook (3 servings)
2 tablespoons of peanut butter	1 ping-pong ball (2 servings)
2 tablespoons of hummus	1 ping-pong ball (2 servings)
½ cup cooked beans	1 baseball (2 servings)
1/4 cup of nuts	1 golf ball
Fats and Condiments	
1 teaspoon of olive oil	1 Die or fingertip
1 Tablespoon of mustard, ketchup, mayonnaise	Thumb

<http://www.nourishinteractive.com/healthy-living/free-nutrition-articles/129-portion-control-estimating-food-servings>