

SEVEN WAYS TO SIZE UP YOUR SERVINGS

Measure food portions so you know exactly how much food you're eating.

When a food scale or measuring cups aren't handy, you can still estimate your portion. Remember:

<p>1 3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.</p>			
<p>2 A medium apple or peach is about the size of a tennis ball.</p>			
<p>3 1 oz of cheese is about the size of 4 stacked dice.</p>			
<p>4 1/2 cup of ice cream is about the size of a racquetball or tennis ball.</p>			
<p>5 1 cup of mashed potatoes or broccoli is about the size of your fist.</p>			
<p>6 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.</p>			
<p>7 1 ounce of nuts or small candies equals one handful.</p>			<p>1 oz.</p>

MOST IMPORTANT
Remember to keep your diet nutritious.



3-4 servings from the Milk Group for calcium



2-3 servings from the Meat Group for iron



3-5 servings from the Vegetable Group for vitamin A



2-4 servings from the Fruit Group for vitamin C



6-11 servings from the Grain Group for fiber