

Portion Sizes and School-Age Children

What's in a Serving Size?

Finding it hard to picture a serving size? Everyday examples can help you compare your portion size with the standard Food Guide Pyramid serving size. **Note: hands and finger sizes vary from person to person! These are GUIDES only.**

The Bread, Cereal, Rice, and Pasta Group

- 1 pancake..... is a compact disc (CD)
- $\frac{1}{2}$ cooked cup rice, pasta..... is a cupcake wrapper full or a rounded handful
- 1 piece of cornbread..... is a bar of soap
- 1 slice of bread..... is an audiocassette tape
- 1 cup of cereal..... is a fist or a tennis ball
- 1 roll..... is a bar of soap

The Vegetable Group

- 1 cup green salad..... is a fist or a tennis ball
- 1 baked potato..... is a fist or a tennis ball
- $\frac{3}{4}$ cup tomato juice..... is a small Styrofoam cup
- $\frac{1}{2}$ cup cooked broccoli..... is a scoop of ice cream or a light bulb
- $\frac{1}{2}$ cup serving..... is 6 asparagus spears/7 or 8 baby carrots/1 ear of corn

The Fruit Group

- $\frac{1}{2}$ cup of grapes (15 grapes)..... is a light bulb
- $\frac{1}{2}$ cup of fresh fruit..... is 7 cotton balls
- 1 medium size fruit..... is a fist or a tennis ball
- 1 cup of cut-up fruit..... is a fist or a tennis ball
- $\frac{1}{4}$ cup raisins..... is a large egg or a golf ball

The Milk, Yogurt, and Cheese Group

- $1\frac{1}{2}$ ounces cheese..... is a 9-volt battery or your index and middle fingers
- 1 ounce of cheese..... is a pair of dice or your thumb
- 1 cup of ice cream..... is a large scoop the size of a tennis ball

The Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group

- 2 tablespoons peanut butter..... is a Ping-Pong ball
- 3 ounces cooked meat, fish, poultry..... is a palm, a deck of cards or a cassette tape
- 3 ounces 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 fist or a tennis ball
- 1 ounce of nuts..... is one handful

Fats, Oils and Sweets

- 1 teaspoon butter, margarine..... is the size of a stamp the thickness of your finger
- 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
- $\frac{1}{2}$ cup of potato chips, crackers or popcorn..... is one handful