

## Need help with portion control?

Visual aids are a great way to make sure you're really serving up a serving size, not two or three.



One serving of meat is about three ounces, roughly the size of a deck of cards.



A one-cup serving of pasta or rice should be about the size of a tennis ball. You'll fill up faster on a serving of grains if you choose healthy whole grains whenever possible.



It takes about 850 peanuts to produce an 18-ounce jar of peanut butter, so a little of the stuff packs a powerful protein punch. Two tablespoons, about the size of a ping pong ball, is an appropriate serving size.



Vegetables from all colors of the rainbow are an important part of a healthy diet. A serving of cooked veggies is half a cup or about the size of a baseball.



Dried fruit keeps longer than fresh fruit, but it also has 4-5x the calories by weight. One serving of dried fruit is  $\frac{1}{4}$  cup or about the size of a large egg or ping pong ball.



Don't go for a cartoon-sized stack of flapjacks, one compact disc-sized pancake is the recommended size.



When not covered in sour cream and cheese, potatoes aren't hard on the waistline, are high in potassium, Vitamin C and B6. A perfectly portioned baked potato should be the size of a computer mouse.



A few cubes of cheese and fruit is the perfect snack between meals, but to be sure you are snacking on the right amount, roll some dice. The recommended amount of cheese for one ounce is equivalent to 6 dice.



Fish is another important way to get protein on your plate. Each serving of fish should be roughly 3 ounces or the size of a checkbook.



A teaspoon of fat or oil should be about the size of the tip of your thumb.