
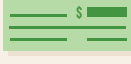



























PORTION SIZE CHEAT SHEET

FOOD				
		<i>Serving, Uncooked</i>	<i>Serving, Cooked</i>	<i>Relative Size</i>
	FISH	6–7 oz.	3–4 oz.	Checkbook 
	MEAT OR POULTRY	4 oz.	3 oz.	Computer mouse 
	EGGS	2	2	Fist 
	PASTA, RICE, OTHER GRAINS	1 oz. / 1/4 cup	1/2 cup	Half a baseball 
	SPAGHETTI	Nickel-size bundle	1/2 cup	Half a baseball 
	BEANS, LENTILS OR PULSES	1/4 cup	1/2 cup	Half a baseball 
	PASTA SAUCE	1/3 cup	1/3 cup	Large ladel 
	CHEESE	1 oz.	1 oz.	6 dice 

VEGETABLES		
<i>1 Serving Vegetables = 1 Cup</i>		
	LEAFY GREENS	1 cup (2 fists)
	CARROTS	2 medium
	BROCCOLI	6 small florets
	CAULIFLOWER	1/4 head
	CORN ON COB	1 large ear
	GREEN BEANS	10 beans

FRUIT		
<i>1 Serving Fruit = 1 Cup</i>		
	STRAWBERRIES	7 large
	TOMATOES	1 large
	GRAPES	12
	MELON	1/8 of large melon
	PLUMS	2 large

QUICK TIPS

- The more dishes you're serving in a meal, the smaller the portions need to be.
- Portion sizes are for adults. Children will require less.
- Pay attention to a recipe's number of servings when cooking a new dish. Cut it in half if necessary, so if you or your family members don't like it, you won't be stuck with leftovers.



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