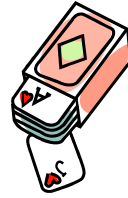


## Quick and easy household measurements to use as portion control guides

- 3 ounces of meat is about the size and thickness of a deck of playing cards.



- 3 ounces of grilled or baked fish is about the size of a checkbook.



- A medium sized piece of fruit is the size of a tennis ball.



- 1 ounce of cheese is about the size of four stacked dice.



- 1 cup of cereal is the size of your fist (depending on your size; commonly the size of a female fist).



- 1 ounce of nuts should fit into the small of your hand.



- 1 teaspoon of margarine or butter is about the size of the tip of your thumb.



- 2 tablespoons of peanut butter is about the size of a ping pong ball



## “Fine, Fit & Fabulous”

### Serving Sizes

Even if you eat healthy foods each day, you may not be eating as well as you think — because of the amount of food on your plate!

The amount of food you eat can be as important to your good health as what you eat.

This booklet lists serving sizes of foods from the different food groups. Use this guide to help you control your portions!

For more information please contact:

The Institute for Urban Family Health  
Bronx Health REACH  
16 East 16th Street  
New York, NY 10003  
Phone: 212-633-0800 x 1232



## Breads, Grains, Cereals

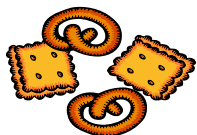
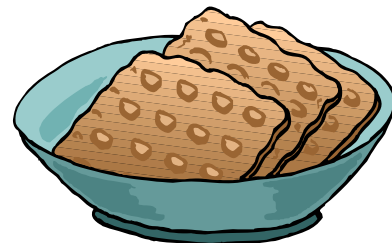
### Breads:

- 1 slice whole wheat, rye, white, pumpernickel bread
- 2 slices reduced calorie bread
- ½ hot dog or hamburger bun
- ½ English muffin
- ½ bagel (1 ounce)
- 1 small roll (1 ounce)
- ½ 6" diameter pita bread or lawash bread
- 1 6" diameter corn or flour



### Cereals and Grains:

- 1 oz most cold cereals (1/4 – 1 cup)
- 1 ½ cup puffed cereals (e.g. puffed rice)
- ½ cup cooked cereal (e.g. oatmeal, oat bran, cream of wheat)
- 1/3 – 1/2 cup cooked brown or white rice
- ½ cup cooked enriched or whole-wheat pasta or soba noodles



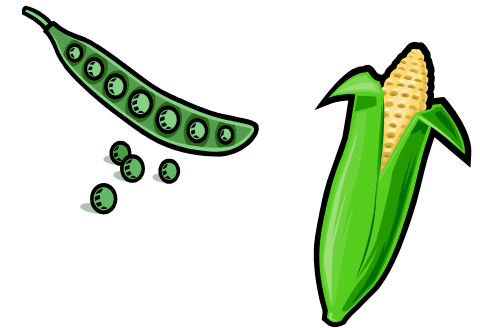
### Snack Foods:

- 8 animal crackers (unfrosted)
- 2 graham crackers
- ¾ matzoh cracker
- 4 slices melba toast
- 3 cups popped light pop corn
- 2-6 baked whole-wheat crackers, 6 saltine crackers
- 2, 4" diameter rice or corn cakes
- ¾ oz pretzels

## Starchy Vegetables, Dried Beans, and Peas

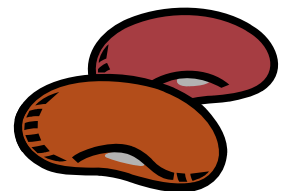
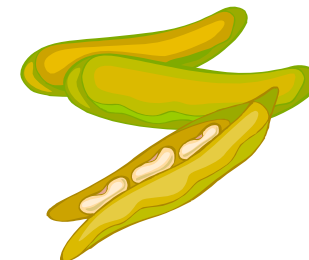
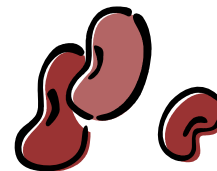
### Starchy Vegetables:

- ½ cup cooked corn or 1 medium ear of corn
- ½ cup cooked peas
- ½ cup cooked mixed vegetables
- 1 small, 3-oz baked potato
- ½ cup cooked mashed potatoes
- 1 cup winter, acorn or butternut squash
- ½ cup yam or sweet potato



### Beans, Lentils, Split Peas:

- ½ cup cooked/canned beans such as lima, kidney, black, soya
- ½ cup cooked split peas
- ½ cup cooked lentils



## Vegetables

### Vegetables

- 1 cup raw vegetables OR
- ½ cup cooked vegetables:
  - carrots
  - broccoli,
  - asparagus,
  - leeks,
  - onions
  - beets
  - green beans
  - cauliflower
  - peppers
  - celery
  - cucumber
  - water chestnuts
  - zucchini



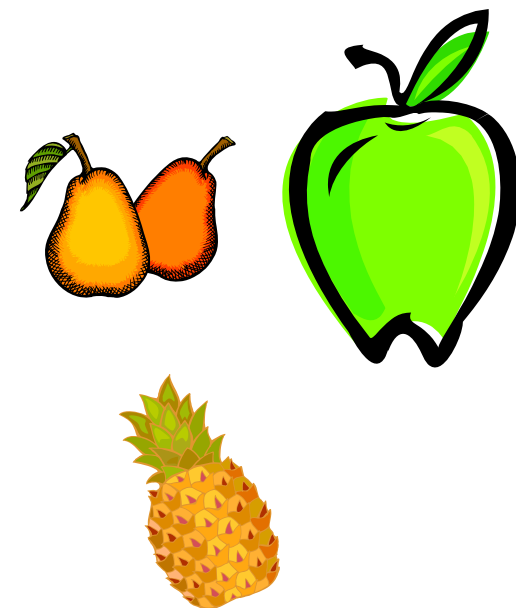
### Vegetables

- 1 cup raw leafy vegetables:
  - kale
  - spinach
  - Romaine lettuce,
  - arugula
  - bibb lettuce
  - watercress
  - iceburg lettuce
- 6 ounces most vegetable juices

## Fruits

### Fruits

- 1 small apple (4 oz)
- ½ cup applesauce, unsweetened
- 1 medium (4") banana, or 1/2 large banana
- ¾ cup blueberries
- 1 ¼ cup whole strawberries
- 1 cup raspberries or boysenberries
- 1 cup cubed cantaloupe or honeydew melon
- ¼ cup cubed watermelon
- 1 medium peach
- ½ medium grapefruit



### Fruits

- 1 kiwifruit (3 ½ oz)
- ½ cup fruit cocktail, extra light syrup or own juice
- 12-15 grapes
- 12 cherries
- 2 small plums
- 3 dried prunes (also called "dried plums")
- 2 Tbsp raisins or other dried fruit
- 1 medium orange
- 4oz most 100% fruit juices



## Milk and Dairy

### Milk and Milk Substitutes

- 8 ounces (1 cup) nonfat or 1% milk
- 8 ounces (1 cup) nonfat or low fat buttermilk
- 8 ounces (1 cup) calcium-fortified light or reduced fat soymilk



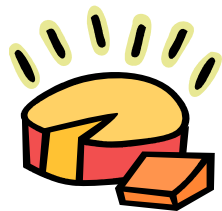
### Yogurt

- 8 ounces (1 cup) nonfat or 1% plain or fruited yogurt made with sugar substitute
- ½ cup nonfat frozen yogurt



### Cheese

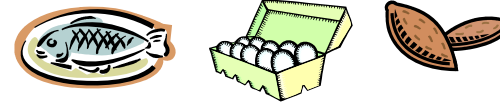
- 1 oz most cheeses, including:  
cheddar  
muenster  
monterey jack  
swiss  
cottage cheese  
grated parmesan



## Meat, Fish, Poultry, Nuts, Meat Substitutes

### Meat, Poultry, Fish

- 3 oz steak, ground beef, lean pork, or ham
- 3 oz chicken, turkey or cornish hen
- 3 oz flounder, cod, haddock, halibut, trout, salmon, tuna steak, or canned tuna
- 3 oz shellfish, including clams, crabs, lobster, scallops, shrimp, imitation crabmeat
- 3 oz of luncheon meats or other processed deli meats



### Eggs, Meat Substitutes, Nuts, Seeds

- 1 egg
- 2 egg whites or 1/4 cup egg substitute
- 1 oz nuts, such as:  
almonds  
pistachios  
walnuts  
pecans
- 1 oz seeds, such as:  
pumpkin  
sunflower  
Squash
- 2 Tbsps peanut butter

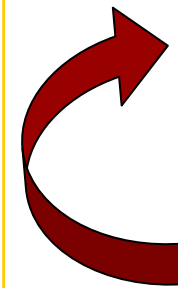
## Fats and Oils

### Fats and Oils

- 1 tsp stick butter
- 1 tsp stick or tub margarine
- 1 Tbsp reduced fat, light or nonfat margarine
- 1 tsp mayonnaise
- 1 Tbsp reduced fat mayonnaise
- 1 Tbsp salad dressing
- 2 Tbsp reduced fat salad dressing

### Fats and Oils

- 1 tsp corn, soybean, safflower, sunflower oil
- 1 tsp olive, canola, peanut oils



Choose these oils instead of other fats whenever possible!

