

How can a baseball and a CD help control portions?

Food Group	Food	Portion	Portion similar to
Fruits & Vegetables	Salad Greens	1 cup	A baseball
	Cooked Vegetables	1/2 cup	Half a baseball
	Dried Fruit	1/4 cup	Size of an egg
	Baked Potato	Small	Size of a computer mouse
Grains	Bread	1 oz.	A cassette tape
	Bagel	4 oz.	A CD
	Corn Tortilla	1 piece	Size of a salad plate
Meats & Beans	Poultry, Fish, Beef or Pork	3 oz.	A deck of cards
	Peanut Butter	2 tablespoons	A ping-pong ball
	Cooked Beans/Peas	1/2 cup	Half a baseball
Dairy	Cheese	1 - 1.5 oz.	6 dice or 2 slices
	Ice Cream	1/2 cup	Half a baseball
Fats	Butter	1 teaspoon	Tip of your thumb
	Oil	1 teaspoon	Size of a quarter

Source: U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute www.5aday.gov

Don't worry so much about measuring cups and food scales.

Instead, visualize the proper food portions by comparing them to some everyday items. **The chart above approximates the right serving size for several foods.** By understanding and controlling portions, you can enjoy a nutritious and well-balanced bite while helping keep your waistline in check. **That's time well spent.**

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