

Portions Match-up

Name: _____ Date: _____

Directions: Draw a line to match the food item to the correct portion size.

FOOD ITEM		PORTION SIZE	
1 cup fruit or raw vegetables			size of a juice box
½ cup of beans (2 oz.)			size of a baseball
1 slice of bread (1 oz.)			size of a small computer mouse
1½ oz. of lowfat or natural cheese			size of a deck of cards
½ cup of 100% fruit juice			size of a small carton of milk
2 - 3 oz. meat, poultry or fish			size of two 9-volt batteries
1 cup of milk			size of a compact disc (CD)

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