



Portion Sizes

Do you know that the amount of food served in many restaurants is **much more** than we need? Super-sizing encourages us to overeat! Knowing adequate portion sizes is a great start to eating healthy!

Do you know what one serving of cooked pasta looks like? Can you picture 3 ounces of meat?

Here are some ideas that may help you remember what a serving size looks like:

- 1 ounce of cheese is about the size of 4 dice
- 1 fruit serving is about the size of a baseball
- 3 ounces of cooked meat, fish, or poultry is about the size of a deck of cards
- 2 tablespoons of peanut butter is about the size of a large marshmallow
- $\frac{1}{2}$ cup of cooked pasta or rice is the size of a tennis ball cut in half

To make sure you don't overeat when eating out, share the meal with someone or take half the meal home to eat later.

What do you do to keep your portion sizes reasonable?