

# Serving Size Card

## SERVING SIZE CARD:

Cut out and fold on the dotted line. Laminate for longtime use.

<p><b>1 Serving Looks Like . . .</b></p> <p><b>GRAIN PRODUCTS</b></p> <p>1 cup of cereal flakes = fist </p> <p>1 pancake = compact disc </p> <p>½ cup of cooked rice, pasta, or potato = ½ baseball </p> <p>1 slice of bread = cassette tape </p> <p>1 piece of combread = bar of soap </p>	<p><b>1 Serving Looks Like . . .</b></p> <p><b>VEGETABLES AND FRUIT</b></p> <p>1 cup of salad greens = baseball </p> <p>1 baked potato = fist </p> <p>1 med. fruit = baseball </p> <p>½ cup of fresh fruit = ½ baseball </p> <p>¼ cup of raisins = large egg </p>
<p><b>1 Serving Looks Like . . .</b></p> <p><b>DAIRY AND CHEESE</b></p> <p>1½ oz. cheese = 4 stacked dice or 2 cheese slices </p> <p>½ cup of ice cream = ½ baseball </p> <p><b>FATS</b></p> <p>1 tsp. margarine or spreads = 1 dice </p>	<p><b>1 Serving Looks Like . . .</b></p> <p><b>MEAT AND ALTERNATIVES</b></p> <p>3 oz. meat, fish, and poultry = deck of cards </p> <p>3 oz. grilled/baked fish = checkbook </p> <p>2 Tbsp. peanut butter = ping pong ball </p>

Source: Department of Health and Human Services,  
<http://hin.nhlbi.nih.gov/portion/keep.htm>