

## PORTION SIZE KIT



### Fruits

- 1 medium apple or orange = a baseball
- 1/2 cup raisins = a large egg
- 1 cup 100% fruit juice = 1 small (8 oz) carton

### Vegetables

- 1 cup vegetables = a baseball
- 1 cup raw, leafy vegetables = a baseball
- 1 small baked potato = a computer mouse

### Grains

- 1/2 cup cooked cereal, pasta or rice = a computer mouse
- 1 cup dry cereal = a baseball
- 1 bagel = a hockey puck
- 1 tortilla = a small (7-inch) salad plate
- 1 pancake or waffle = a music CD
- 4 small cookies such as vanilla wafers = 4 casino chips

### Meat & Beans

- 3 ounces cooked meat, skinless poultry or fish = a deck of cards
- 2 tablespoons peanut butter = a golf ball
- 1/2 cup beans = a computer mouse

### Milk, Yogurt & Cheese

- 1 cup milk = a small (8 oz) chug
- 1 cup yogurt = an 8-ounce yogurt container
- 1-1/2 ounces cheese = about three 1-inch cubes