



Portion Sizes

We're all trying to follow healthy eating guidelines, and to select healthy alternatives in our meals right? But how are we supposed to know how much of something to eat? When we read "six servings," what does that really mean? There are ways to measure portion sizes without needing to weigh or measure food. These healthy guidelines should help you to eyeball food portions:



Nail polish bottle = salad dressing serving

The recommended amount of salad dressing for a nice three-cup salad is approximately two tablespoons. Most nail polish bottles hold this much.

Light bulb = approximately one cup
One cup of raw vegetables is one serving.



Deck of cards = 3 ounces

Most fish, meat or poultry portions the size of a deck of cards weighs three ounces: the recommended serving size.



Quarter = one teaspoon

A quarter-sized pool of oil or butter is equal to one teaspoon or one serving of oils and fat.

Tennis ball = one cup or one fruit

About the size of a medium-sized piece of fruit, thinking of a tennis ball when helping yourself to rice, potatoes or pasta will help you to keep it to one cup, or one serving. One piece of fresh fruit this size is also one serving.



Two dominoes = 1.5 ounces of cheese

This is about the size of the USDA's recommended portion of cheese.