










Everyday Objects and Serving Sizes

As you change your lifestyle to incorporate more healthy food choices, it can be challenging to recognize serving sizes. One quick shortcut is to use everyday objects to eyeball serving size. Here are some examples:

Serving Size	Object
2 tablespoons	 Ping-Pong Ball
1 ounce of cheese	 4 Dice
3 ounces of meat or poultry	 Palm of Your Hand, or a Deck of Cards
1/4 cup	 Golf Ball
1/2 cup	 Tennis Ball
1 cup	 Baseball
1 medium baked potato	 Computer Mouse

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Serving Size	Object		
1 medium apple			Tennis Ball
1 medium pancake or waffle			CD