



Sizing up Portions Handout

Use these quick visuals for easy portion control!

3 ounces of meat =



Deck of Cards

$\frac{1}{2}$ cup of fruit, vegetables, pasta or rice =



A Small Fist

1 teaspoon margarine or peanut butter =



Thumb

1 bagel =



Hockey Puck

1 ounce of cheese =



Dice

1 slice of bread =



Compact Disc