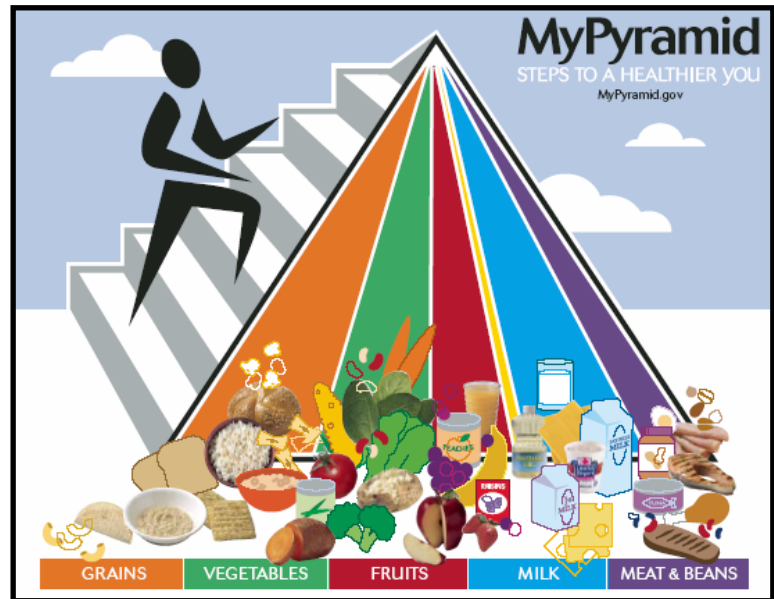


Making Sense of Serving Sizes
MyPyramid and serving sizes

At the website: www.mypyramid.gov - you are able to enter your age, gender, and activity level and receive an individual recommendation of how much food from each food group you should be eating. MyPyramid gives grain, meat, and bean recommendations in ounces, fruits and vegetable recommendations in cups, and milk recommendations in both cups and ounces. There are times however, when you may not have a scale or measuring cup on hand. During these times, it is helpful to be able to visualize how much food is in an ounce or cup. The following are examples from each food group.



MyPyramid image reprinted with permission from USDA and DHHS

The bread, cereal, rice and pasta group

1 ounce or 1/2 cup cooked rice	is the size of a tennis ball, ice cream scoop
1 one ounce pancake	is the size of a compact disc (CD)
1 ounce or 1/2 cup cooked pasta	is the size of a cupcake wrapper full
1 piece of cornbread (1 ounce)	is the size of a bar of soap
1 slice of bread (1 ounce)	is the size of an audiocassette tape
1 cup of cereal flakes (1 ounce)	is the size of a *fist

The vegetable group

1 cup salad greens	is the size of a baseball or a *fist
1 baked potato	is the size of a *fist or computer mouse
3/4 cup tomato juice	is the size of a small Styrofoam cup
1/2 cup cooked broccoli	is the size of a scoop of ice cream or a light bulb
1/2 cup serving	is the size 6 asparagus spears; 7 or 8 baby carrots or carrot sticks or 1 ear of corn on the cob

The fruit group

1/2 cup of grapes (15 grapes)	is the size of a light bulb
1/2 cup of fresh fruit	is the size of 7 cotton balls
1 medium size fruit	is the size of a tennis ball or a *fist
1 cup of cut-up fruit (2 servings)	is the size of a *fist
1/4 cup raisins	is the size of a large egg

The milk, yogurt and cheese group

1-1/2 ounces natural cheese	is the size of a 9-volt battery, 3 dominoes
1 ounce processed cheese (1/2 serving)	is the size of a pair of dice or your **thumb

The meat, poultry, fish, dry beans, eggs and nuts group

2 tablespoons peanut butter-equal to 1 oz. of meat	is the size of a Ping-Pong ball
1 tablespoon peanut butter	is the size of a thumb tip *
3 ounces cooked meat, fish, poultry	is the size of a palm, a deck of cards or a cassette tape
3 ounces grilled/baked fish	is the size of a checkbook
3 ounces cooked chicken	is the size of a chicken leg and thigh or breast

Fats, oils and sweets

1 teaspoon butter, margarine	is the size of a fingertip
2 tablespoons salad dressing	is the size of a Ping-Pong ball

Snack foods

1 ounce of nuts or small candies	is the size of one handful or 2 shot glasses
1 ounce chips or pretzels	is the size of two handfuls
1/2 cup of potato chips, crackers, or popcorn	is the size of one man's handful
1/3 cup of potato chips, crackers, or popcorn	is the size of one woman's handful

Serving dishes, utensils

1/2 cup	is the size of a small fruit bowl, a custard cup or mashed potato scoop
1-1/2 cups	is the size of a large cereal/soup bowl
1/2 cup of pasta, noodles	is the size of a cafeteria vegetable dish
1-1/2 cups of pasta, noodles	is the size of a dinner plate, not heaped

You might want to know that

One cupped hand holds two tablespoon of liquid.

One slice of bread is one ounce or one serving; some rolls or bagels weigh 3-5 ounces or more making them equal to 3-5 servings of bread.

* Note: hands and finger vary from person to person! These are guides only.

** (note your index and middle fingers)

Compiled by Ellen Schuster, Oregon State University. Information provided by the University of Illinois Extension Office.

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: **Dial-A-Nurse at 333-2700**

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: <http://www.mckinley.uiuc.edu>