

Serving Sizes

Food

Bread, Cereal, Rice, Pasta

Bread
Muffin
Biscuit
Pancake
Hamburger bun
Hot dog bun
Bagel
Dry cereal
Rice or Grits

Fruits & Vegetables

Potato
Raw, sliced or chopped
Cooked fruit or vegetable
Dried fruit
Whole fruit

Milk, Yogurt, Cheese

Milk
Yogurt
Ice Cream
Cottage Cheese
Cheese

Meat, Poultry, Fish, Dry Beans, Eggs, Nuts

Meat or Poultry
Fish
Dry beans
Eggs
Nuts
Peanut Butter

Fats

Salad Dressing, Margarine or
Mayonnaise

Snacks

Snack foods

Eastern Carlina Family Practicice Center
1998

By Measure

Bread, Cereal, Rice, Pasta

1 slice
1 small
1 small
1 small
½ bun
½ bun
½ bagel
1 cup
½ cup

Fruits and Vegetables

1 med or ½ cup
1 cup
½ cup
¼ cup
1 med

Milk, Yogurt, Cheese

1 cup
1 cup
1 cup
2 cup
1 ½ ounces

Meat, Poultry, Fish, Dry Beans, Eggs, Nuts

3 ounces
3 ounces
1 cup
For 1 ounce meat
For 1 ounce meat
4 tablespoons

Fats

½ teaspoon
1 teaspoon
1 Tablespoon

Snacks

1 or 2 ounces

By Looks

Bread, Cereal, Rice, Past

Palm of hand with fingers curled

Size of a CD

Double handful
Size of a small tuna can

Fruits and Vegetables

Size of a fist or baseball
A handful
Size of a large egg
Size of a small egg
Size of a tennis ball

Milk, Yogurt, Cheese

Size of a fist
Size of a fist
Size of a fist
Size of 2 fists
Size of 3 dominoes

Meat, poultry, Fish, Dry Beans, Eggs, Nuts

Size of the palm of the hand or a
deck of cards
Size of a fist
Size of a large egg
A level handful
Size of 2 ping pong balls

Fats

Index finger tip (to 1st joint)
Thumb tip (to 1st joint)
3 Thumb tips

Snacks

A level handful = 1 oz nuts in
shell or small candies
2 level handfuls = 1 oz of
pretzels or chips