

Portion Guide

USING COMMON OBJECTS

Measuring or weighing your portions will give you the most accurate information on how much you are eating. It will also help train your eye so that you can “eyeball” portions in the future. You may not be able to measure or weigh your portions in some situations. The next best option is to compare your portions to common objects to help you guesstimate as best you can. The objects depicted are actual size.



A deck of cards is equivalent to 3 ounces:

🍖 3 oz of lean meat, chicken or fish

🥄 1 ounce = ~ 30 grams = 1/16 of a pound

🥄🥄🥄 3 ounces = ~ 90 grams = 1/4 of a pound

A baseball is equivalent to 1 cup:

- 🥄 1 cup of chopped vegetables
- 🥄 1 cup of milk or low fat yogurt

1/2 baseball is equivalent to 1/2 cup:

- 🥄 1/2 cup of cooked grains
 - 🥄 1/2 mashed potatoes or corn
 - 🥄 1/2 medium potato
- 🥄 1 cup = 240 milliliters = 8 fluid ounces
- 🥄 1/2 cup = 120 milliliters = 4 fluid ounces



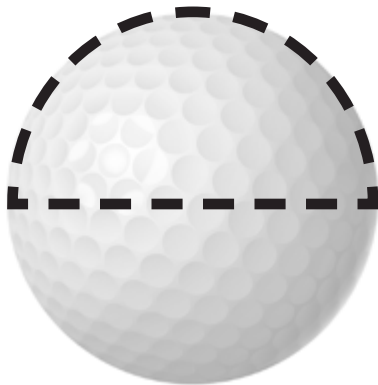
A tennis ball is equivalent to a small whole fruit or 3/4 cup:

1 small fruit

3/4 cup = 180 milliliter = 6 fluid ounces

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A golf ball is equivalent to 2 Tablespoons:

- 🥄 2 tbsp chopped nuts or seeds
- 🥄 2 tbsp dried fruit
- 🥄 2 tbsp most salad dressings
- 🥄 2 tbsp added sugar

½ golf ball is equivalent to 1 Tablespoon:

- 🥄 1 tbsp peanut butter
- 🥄 1 tbsp oil, margarine or butter

- 🥄 1 tablespoon = 3 teaspoons = 15 milliliters = ½ fluid ounce
- 🥄 2 tablespoons = 6 teaspoons = 30 milliliters = 1 fluid ounce

A poker chip is equivalent to 1 teaspoon of liquid:

- 🥄 1 tsp of oil
- 🥄 1 tsp of honey

- 🥄 1 teaspoon = 1/3 tablespoon = 5 milliliters = 1/6 fluid ounce



4 dice is equivalent to 1 ounce:

- 🧀 1 ounce of regular or part-skim cheese

- 🧀 1 ounce = 28 grams = 1/16 of a pound