









HANDY HELPINGS

One of the easiest ways to visually estimate portion sizes is to use an everyday item that you carry around with you all the time. You can use your hand to estimate OR by comparison with some common household items:

<p>1 ounce of cheese is about the size of your thumb OR the size of 4 dice. A teaspoon of margarine is about the size of your thumb tip</p>	
<p>1 cup of milk or yogurt is about the size of a man's fist</p>	
<p>1 oz nuts or small candies is about one handful</p>	
<p>2 oz chips or pretzels is about two handfuls</p>	
<p>A racquetball is about the size of a 1/2 cup serving of Pasta, Rice and Other Grains</p>	
<p>One serving potato is about the size of a regular(60 watt) light bulb</p>	
<p>3 oz. meat/poultry/fish: About the size of a deck of cards</p>	
<p>2 TB peanut butter or other spread is about the size of a golf ball</p>	
<p>One bagel is the size of a hockey puck</p>	