



PORTION SIZE GUIDE



Use this guide, measuring cups and spoons to help you figure out how much you ate:



1/4 cup food



1/2 cup food



1 cup food



6 fluid ounces



12 fluid ounces



16 fluid ounces



Measuring Cups



Measuring Spoons



1 checkbook = 3 ounces of fish



1 deck cards = 3 ounces chicken or meat



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4-oz individual applesauce =
 $\frac{1}{2}$ cup



Small apple = 1 cup of fruit



4 dice = 1 oz of cheese =
 1 wrapped slice



School carton of milk = 1 cup



8 oz. yogurt = 1 cup milk



$\frac{1}{2}$ medium bagel = 1 hockey
 puck = 1 oz. grain



2 Tb Peanut Butter = 1 golf
 ball



1 cup pasta = 1 baseball



1 small potato = 1 computer
 mouse = 1 cup vegetables