

ESTIMATING PORTION SIZES



1

PROTEIN

3 ounces of meat, fish or poultry is approximately the same size as a deck of cards



2

BREAD

1 ounce of bread , or one slice of bread should be about the size of a compact disc.

3

PASTA OR RICE

If you pack your rice or pasta into a bowl, it shouldn't take up any more space than a baseball to be considered one portion or serving.



4

CHEESE

1 ounce of cheese should take up the same amount of space as 4 dice.

5

NUTS

1/4 cup of nuts should be the size of a small golf ball

