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.