Portion Sizes and School-Age Children

**What’s in a Serving Size?**

Finding it hard to picture a serving size? Everyday examples can help you compare your portion size with the standard Food Guide Pyramid serving size. Note: hands and finger sizes vary from person to person! These are GUIDES only.

### The Bread, Cereal, Rice, and Pasta Group
- 1 pancake...............................................................................is a compact disc (CD)
- ½ cooked cup rice, pasta...................................................is a cupcake wrapper full or a rounded handful
- 1 piece of cornbread..........................................................is a bar of soap
- 1 slice of bread ..................................................................is an audiocassette tape
- 1 cup of cereal.....................................................................is a fist or a tennis ball
- 1 roll .......................................................................................is a bar of soap

### The Vegetable Group
- 1 cup green salad ................................................................is a fist or a tennis ball
- 1 baked potato.....................................................................is a fist or a tennis ball
- ¾ cup tomato juice .............................................................is a small Styrofoam cup
- ½ cup cooked broccoli........................................................is a scoop of ice cream or a light bulb
- ½ cup serving........................................................................is 6 asparagus spears/7 or 8 baby carrots/1 ear of corn

### The Fruit Group
- ½ cup of grapes (15 grapes).............................................is a light bulb
- ½ cup of fresh fruit...........................................................is 7 cotton balls
- 1 medium size fruit ............................................................is a fist or a tennis ball
- 1 cup of cut-up fruit ..........................................................is a fist or a tennis ball
- ¼ cup raisins.........................................................................is a large egg or a golf ball

### The Milk, Yogurt, and Cheese Group
- 1½ ounces cheese................................................................is a 9-volt battery or your index and middle fingers
- 1 ounce of cheese ...............................................................is a pair of dice or your thumb
- 1 cup of ice cream ..............................................................is a large scoop the size of a tennis ball

### The Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group
- 2 tablespoons peanut butter ...........................................is a Ping-Pong ball
- 3 ounces cooked meat, fish, poultry..................................is a palm, a deck of cards or a cassette tape
- 3 ounces grilled/baked fish.............................................is a checkbook
- 3 ounces cooked chicken..................................................is a chicken leg and thigh or a breast
- 1 cup cooked dried beans..................................................is a fist or a tennis ball
- 1 ounce of nuts ....................................................................is one handful

### Fats, Oils and Sweets
- 1 teaspoon butter, margarine............................................is the size of a stamp the thickness of your finger
- 2 tablespoons salad dressing...........................................is a Ping-Pong ball
- 1 ounce of chocolate.........................................................is one package of dental floss
- 1 ounce of small candies..................................................is one handful
- 1 ounce of chips or pretzels .............................................is two handfuls
- ½ cup of potato chips, crackers or popcorn .................is one handful