



Estimating Amounts of Foods – Avoiding Portion Distortion

This table lists some handy tips to help you estimate the amounts of food you eat when you cannot measure or weigh it.

Breads and Grains

½ cup cooked cereal, rice, pasta
4 oz bagel (large)
Piece of cornbread or a brownie

half a baseball or volume of a cupcake wrapper
diameter of a CD (compact disc)
small bar of soap (2 x2 or 2 x3)



Fruits and Vegetables

Medium apple, orange, peach
¼ cup dried fruit
½ cup fruit or vegetable
1 cup broccoli
Medium potato
1 cup raw leafy greens
½ cup vegetables

tennis ball
golf ball or scant handful of average adult
half a baseball
light bulb
computer mouse
baseball or fist of adult
6 asparagus spears
7 or 8 baby carrots or carrot sticks
Medium ear of corn



Meat, Fish, Poultry, COOKED

1 oz

2 oz

3 oz

5 – 6 Oz

About 3 Tablespoons of meat, 1 large domino
or 1 small matchbook
small chicken drumstick or thigh
average deck of cards, palm of average adult
hand
portable cassette or CD player



Cheese

1 oz



average adult's thumb, 4 dice, 2 small dominos

Other

2 Tablespoons Peanut Butter
1/3 cup nuts
½ cup
1 cup
1 Tablespoon
1 teaspoon

Ping-Pong ball
level handful for average adult
half a baseball or computer mouse
tennis ball or fist of average adult
A Quarter
A Penny

