

Food Portion Size Chart

Use this portion size chart to help you estimate the amounts of food you ate.

<p>1/2 cup of fruit juice = size of a 4oz juice box</p> 	<p>1 small apple = 1 cup = size of a baseball</p> 	<p>1/2 cup of slice fruit = size of a small computer mouse</p> 
<p>1/2 cup of carrots or other vegetables = size of a small computer mouse</p> 	<p>10 medium fries count as 1/2 cup = size of a deck of cards</p> 	<p>1 cup of raw vegetables = size of a baseball</p> 
<p>1/2 cup of fruit juice = size of a 4oz juice box</p> 	<p>1 cup of yogurt = size of a baseball</p> 	<p>1 1/2 oz. of low-fat natural cheese* = size of two 9-volt batteries</p> <p><small>*Counts as one cup</small></p> 
<p>2-3 oz. of meat, poultry or fish = size of a deck of cards</p> 	<p>1 tablespoon of peanut butter counts as 1 oz. = size of one 9-volt battery</p> 	<p>1/2 cup of beans counts as 2 oz. = size of a small computer mouse</p> 
<p>1/2 cup of cooked pasta = 1oz = size of a small computer mouse</p> 	<p>1 cup of dry cereal = 1 oz. = size of a baseball</p> 	<p>1 slice of bread counts as 1 oz = size of a CD*</p> <p><small>*About the thickness of 10 CDs (1/2 inch)</small></p> 