

PORTION DISTORTION:

KEEP AN EYE ON YOUR PORTION SIZES

FOOD (Recommended servings per day)	One Serving	What it looks like
Grain Products	1 slice of bread	CD case
	1 cup cold cereal	Baseball
Fruits & Vegetables	1 medium potato	Computer mouse
	½ cup fresh, canned or frozen vegetables	Small fist
Milk Products	1 ½ ounces natural cheese	6 dice
	½ cup yogurt	Tennis ball
Meat & Meat Alternatives	3 ounces of meat, fish or poultry	Deck of cards
	2 tablespoons peanut butter	Golf ball
Fat	1 teaspoon	Tip of your thumb or a stamp

