

Cut along outside lines, then fold in quarters.

1 Tbsp. mayonnaise = poker chip
1 Tbsp. salad dressing = poker chip
1 tsp. butter or oil = top of thumb

FATS & OILS

1 cup soup = baseball
1/2 cup cooked spaghetti = fist size
1 cup chili = baseball
4 oz nachos = about 10 chips
1 cup fries = about 10 fries
1 hamburger (without bun) = deck of cards

PREPARED FOODS

1 cup of cereal flakes = baseball
1 pancake = compact disc
1/2 cup cooked rice = tennis ball
1/2 cup cooked pasta = lightbulb
1 slice bread = cassette tape
1 bagel = 6 oz. can of tuna
3 cups popcorn = 3 baseballs

GRAINS

1/2 cup of frozen yogurt = tennis ball
1 cup yogurt = baseball
1 oz. of cheese = 4 stacked dice

DAIRY & CHEESE

1/4 cup almonds = 23 almonds
2 Tbsp. peanut butter = golf ball
3 oz. tofu = deck of cards
3 oz. fish = checkbook
3 oz. lean meat = deck of cards

MEAT, FISH & NUTS

1 cup carrots = about 12 baby carrots
1 cup of salad greens = baseball
1 cup strawberries = about 12 berries
1/2 cup grapes = about 16 grapes
1 baked potato = computer mouse
1 medium fruit = baseball
1 cup cooked vegetables = baseball

FRUITS & VEGETABLES

BalanceWise™

Personal Nutrition

BALANCE

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Portion Guide

Use this guide to quickly estimate portion sizes by comparing them to common household items.

QUICK REFERENCE

- 1 cup = size of a baseball
- 1/2 cup = tennis ball
- 1/4 cup = a large egg
- 1 tablespoon = poker chip
- 1 oz./ 2 Tbsp. = ping pong ball
- 3 oz. meat = deck of cards
- 3 oz. fish = checkbook

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