







## Everyday Objects and Serving Size

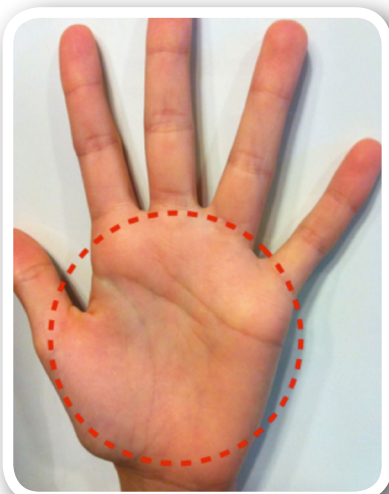
You can use everyday objects to eyeball serving size. Here are some examples:

Serving Size	Object
2 tablespoons	 Ping-pong ball
1 ounce of cheese	 4 dice
3 ounces of meat or poultry	 Palm of your hand, or a deck of cards
$\frac{1}{4}$ cup	 Golf ball
$\frac{1}{2}$ cup	 Tennis ball
1 cup	 Baseball
1 medium baked potato	 Computer mouse
1 medium apple	 Tennis ball
1 medium waffle	 CD

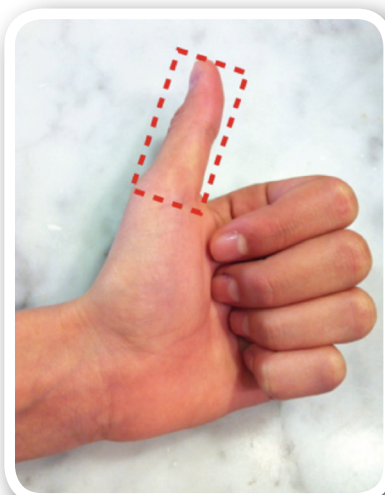


## Hands and Serving Size

You can use your hands to eyeball serving size.



About 3 ounces



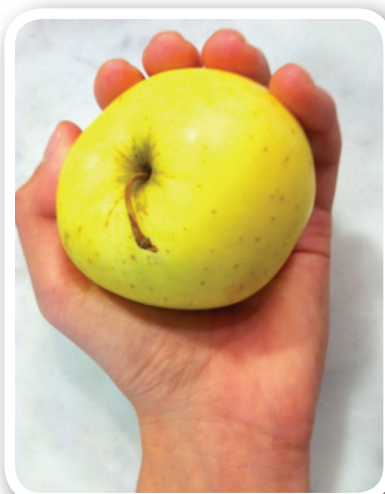
About 1 tablespoon



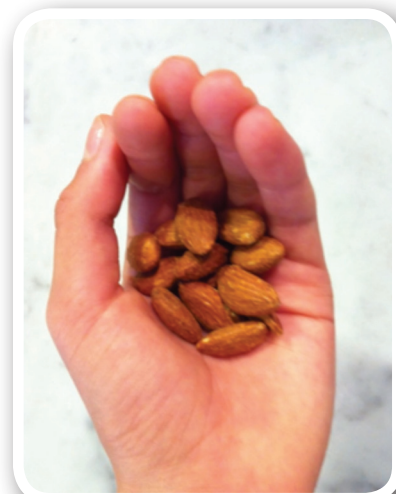
About 1 teaspoon



About 1 cup



1 serving of fruit



About 1/4 cup