Below are some ways you can help others picture food portions using everyday objects. Using these everyday examples can help show others that they may actually be eating more food than recommended by the 2005 food guidance system.

**The Grain Group**
1/2 cooked cup rice (1 ounces) ..............is a tennis ball, ice cream scoop
1 pancake (1 ounce) ................................is a compact disc (CD)
1 piece of cornbread (2 ounces) ..............is a bar of soap
1 slice of bread (1 ounce) ......................is an audiocassette tape
1 cup of pasta/spaghetti (2 ounces) ........is a fist*
1 cup of cereal flakes (1 ounce) .............is a fist*

**The Vegetable Group**
1 cup green salad ................................is a baseball or a fist*
1 medium baked potato (1 cup) ............is a fist*
1/2 cup cooked broccoli........................is a scoop of ice cream or a light bulb
1/2 cup serving....................................is 6 asparagus spears; 7 or 8 baby carrots or carrot sticks or 1 ear of corn on the cob

**The Fruit Group**
1/2 cup of grapes (15 grapes)................is a light bulb
1/2 cup of fresh fruit..........................is 7 cotton balls
1 medium size fruit.............................is a tennis ball or a fist*
1 cup of cut-up fruit...........................is a fist*
1/4 cup raisins..................................large egg

**The Milk Group**
1 1/2 ounces hard cheese......................is a 9-volt battery, 3 dominoes (counts as 1 cup of milk) or your index and middle fingers*
1 ounce of processed cheese...............is your thumb* (counts as 1/2 cup milk)
1 cup of ice cream.............................is a large scoop the size of a baseball (counts as 3/4 cup milk)

*(Note: hands and finger sizes vary from person to person! These are GUIDES only).
The Meat & Beans Group
2 tablespoons peanut butter (counts as 2 oz. meat)...............is a ping-pong ball
1 teaspoon peanut butter (counts as 1/3 oz. meat)...............is a fingertip*
1 tablespoon peanut butter (counts as 1 oz. meat)...............is a thumb tip*
3 ounces cooked meat, fish, poultry.......is a palm, a deck or cards
or a cassette tape
3 ounces grilled/baked fish.......................is a checkbook
3 ounces cooked chicken..........................is a chicken leg and thigh or breast

Fats, Sugars and Sodium (discretionary calories)
1 teaspoon butter, margarine..........................is the size of a stamp the thickness
(counts as 38 discretionary calories) of your finger or a thumb tip*
2 tablespoons regular salad dressing........is a ping-pong ball
(counts as approximately 150 discretionary calories)

Snack Foods
1 ounce of nuts or small candies.................is one handful*
1 ounce of pretzels..................................is two handfuls*
1/2 cup of popcorn..................................is one man's handful*
1/3 cup of popcorn..................................is one woman's handful*

Serving Dishes/Utensils
1/2 cup.................................is a small fruit bowl, a custard cup or
mashed potato scoop
1 1/2 cups.........................................is a large cereal/soup bowl
1 1/2 cups of pasta, noodles............is a dinner plate, not heaped
1/2 cup of pasta, noodles..................is a cafeteria vegetable dish

You might want to know that...
1 cupped hand holds 2 tablespoons of liquid if you don't have measuring spoons
1 slice of bread is one ounce or 1 serving; some rolls or bagels weigh 3 to 5 ounces or
more making them equal to 3 to 5 servings of bread

*(Note: hands and finger sizes vary from person to person! These are GUIDES only).

Adapted from Ellen Schuster, Oregon State University