

Right Size Portions

All foods have proper portions—sizes that are “right” for each type of food. To help you picture right portion sizes, compare foods to common household items. Here are some tricks to make it easier for you:

Common Portion Sizes

1 cup raw or cooked vegetables
1 medium baked potato
1 medium fruit
1 cup cut-up or sliced fruit
1 cup (8 ounces) yogurt
1 cup dry breakfast cereal



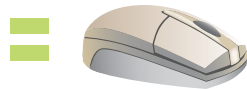
...is about the size of a baseball or tennis ball

1½ ounces natural cheese



...is about the size of two 9-volt square batteries

½ cup cooked pasta
½ cup cooked rice



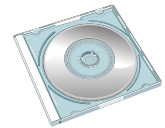
...is about the size of a computer mouse

1 ounce (2 tablespoons)
peanut butter



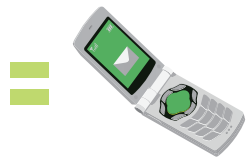
...is about the size of a golf ball

1 slice of bread



...is about the size of a CD case

3 ounces lean meat, poultry or fish
¾ cup cooked beans



...is about the size of a flip-style cell phone

1 teaspoon of margarine or butter



...is about the size of a postage stamp

How Many Servings Do You Need?

- ➔ A “right size” portion of each food is the same for everyone—but the number of servings you need differs depending upon your age, height, weight and activity level. Being pregnant or breastfeeding matters too.
- ➔ For example, some of us may need 3 cups of vegetables each day while others may need less or more.
- ➔ Six ounces of meat or beans is plenty for some, but others may need a different amount depending upon their size and whether or not they are still growing.
- ➔ Check MyPyramid to learn the number of servings that are right for you and for each member of your family.