

Seven Ways to Size Up Your Servings



Measure food portions so you know exactly how much food you're eating. When a food scale or measuring cups aren't handy, you can still estimate your portion. Remember:

3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.



A medium apple or peach is about the size of a tennis ball.



1 oz. of cheese is about the size of 4 stacked dice.



1/2 cup of ice cream is about the size of a racquetball or tennis ball.



1 cup of mashed potatoes or broccoli is about the size of your fist.



1 teaspoonful of butter or peanut butter is about the size of the tip of your thumb.



1 ounce of nuts or small candies equals one handful.



To learn more call OSF Saint Francis RiverPlex at (309) 282-1600
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