

# Serving Sizes

Use familiar objects to judge a single serving size.

½ cup vegetable

½ cup cooked pasta

½ cup of beans

1 small baked potato

Computer mouse



1 medium piece of fruit

Tennis ball



1 cup of raw vegetables

1 cup dry cereal

1 cup of lowfat yogurt or milk

Baseball or your fist



1 small bagel

Hockey puck



1 small (4-4 ½ inch) pancake

CD



2 ounces of cheese

2 Pair of dice



2-3 ounces of meat, poultry or fish

Deck of cards or the palm of your hand



**MOVE!**

