

## Portion Power!

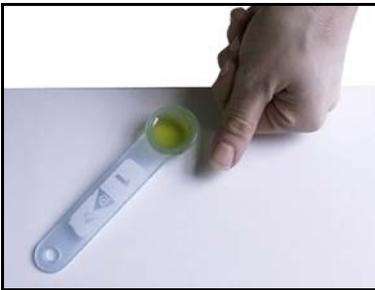
### Know What You are Eating



A medium sized baked potato or other vegetable or fruit is the size of a computer mouse.



A serving of cooked vegetables which is the size of a baseball is about one-half (1/2) a cup.



One (1) teaspoon of oil is the size of a small adult thumb.



Two (2) tablespoons of peanut butter are about the size of a ping pong ball.



A one (1) cup serving of cooked spaghetti should be about the size of a tennis ball.

## Portion Power!

### Know What You are Eating



A one (1) ounce serving of cheese is the size of six dice.



A quarter (1/4) cup serving of dried fruit is the size of a ping pong ball.



A three (3) ounce portion of cooked fish will roughly be the size of a checkbook.



Choose a compact disc size pancake and it will be the equivalent to a slice of bread.



A three (3) ounce portion of cooked poultry or meat is the size of a deck of cards.

*Pictures extracted from:*

<http://www.foodnetwork.com/healthy-eating/10-ways-to-measure-perfect-portion-sizes/pictures/index.html>