

Food Portions - Easy References

Food	Comparative Size
1 whole fruit	a tennis ball
½ cup chopped fruit or vegetable	a light bulb
½ bagel	a hockey puck
½ cup pasta	one ice cream scoup
8 ounces of low fat mild or yogurt	1 cup measure
1 ounce of low-fat cheese	four dice
3 ounces meat	a deck of cards