Jim White
FITNESS & NUTRITION STUDIOS

UNDERSTANDING SERVING SIZE

1/2 cup of fruit, vegetable, cooked cereal, pasta or rice	=	one small fist
3 oz. cooked meat, poultry or fish	=	a deck of cards
1 tortilla	=	a small salad plate
1/2 bagel	=	width of a to-go lid
1 muffin	=	large egg
1 pancake or waffle	=	four inch CD
1 small baked potato	=	a computer mouse
1 teaspoon of margarine or butter	=	thumb tip
1 1/2 oz. of cheese	=	six dice
2 tablespoons of peanut butter	=	a golf ball
4 small cookies	=	4 casino chips
1 medium apple or orange	=	a baseball

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