










# Everyday Objects and Serving Sizes

As you change your lifestyle to incorporate more healthy food choices, it can be challenging to recognize serving sizes. One quick shortcut is to use everyday objects to eyeball serving size. Here are some examples:

Serving Size	Object	
2 tablespoons		Ping-Pong Ball
1 ounce of cheese		4 Dice
3 ounces of meat or poultry		Palm of Your Hand, or a Deck of Cards
1/4 cup		Golf Ball
1/2 cup		Tennis Ball
1 cup		Baseball
1 medium baked potato		Computer Mouse

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Serving Size	Object		
1 medium apple			Tennis Ball
1 medium pancake or waffle			CD