

How Much is Too Much?

Everyday items can be used to visualize a single size portion.

MEAT/POULTRY/FISH: Serving = 3 oz. This is about the size of a deck of cards or the palm of your hand, or for fish, a checkbook.



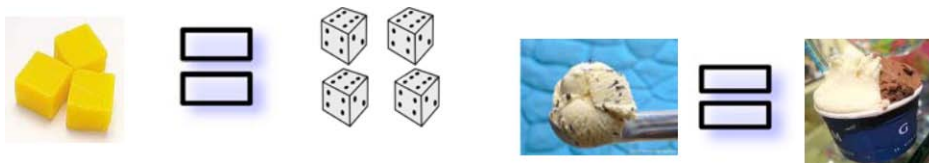
PRETZELS: A serving of pretzels is 1 ounce, which equals about 7 whole grain pretzel sticks, 9 thin pretzels, or about 48 thin mini-pretzel sticks.



GRAINS: a bagel should be the size of a hockey puck, and a pancake or waffle should be the size of a music CD



CHEESE and ICE CREAM: 1-1 _ oz. cheese is about the size of 4 dice; _ cup of ice cream is the size of a small Dixie cup (level).



When in doubt, check the serving size and measure it out!