






# Portion Control Guide

The real challenge to recording food intake is figuring out how much food was actually consumed. NutraCarina has created a convenient portion size guide to cut out and put in your wallet or purse so you know how many servings are on your plate regardless of whether you are eating at home or dining out.

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<p><b>EVERYDAY OBJECTS</b></p> <p>1 cup = tennis ball</p> <p>1/2 cup = lightbulb</p> <p>1 oz or 2 tbsp = golf ball</p> <p>1tbsp = poker chip</p> <p>3 oz meat or chicken = deck of cards</p> <p>3 oz fish - iPod</p>	     	<p><b>GRAINS</b></p> <p>1 cup of cereal = baseball</p> <p>1 pancake = DVD</p> <p>1/2 cup rice = lightbulb</p> <p>1/2 cup pasta = lightbulb</p> <p>1 slice of bread = palm of hand</p> <p>1 bagel = hockey puck</p> <p>1 cup of popcorn = baseballs</p>	<p><b>CHEESE &amp; DAIRY</b></p> <p>1-1/2 oz = 3 dice or 1 domino</p> <p>1 oz = 1 slice of cheese</p> <p>8 oz of yogurt = baseball</p> <p>1/2 cup ice cream = lightbulb</p> <p><b>FATS &amp; OILS</b></p> <p>1tbsp butter = poker chip</p> <p>1 tbsp dressing = poker chip</p> <p>1 tbsp mayonnaise = poker chip</p> <p>1 tbsp olive oil = poker chip</p>
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<p><b>FRUIT &amp; VEGETABLES</b></p> <p>1 cup salad = baseball</p> <p>1 cup carrots = 12 baby carrots</p> <p>1 cup mixed vegetables = baseball</p> <p>1 baked potato = computer mouse</p> <p>1 medium fruit = baseball</p> <p>1/2 cup grapes = 16 grapes</p> <p>1/2 cup raisins = egg</p>	<p><b>MEAT, FISH &amp; NUTS</b></p> <p>3 oz meat = deck of cards</p> <p>3 oz fish = iPod</p> <p>1/4 cup almonds = 23 almonds</p> <p>1/4 cup pistachios = 24 pistachios</p> <p>2 tbsp peanut butter = golf ball</p> <p>3 oz tofu = deck of cards</p> <p>2 tbsp hummus = golf ball</p>	<p><b>MIXED FOODS &amp; DESSERTS</b></p> <p>1 slice of pizza = 2 dollar bills</p> <p>1 cup of fried = 10 fries</p> <p>1 cup of potato chips = 10-15 chips</p> <p>hamburger patty = deck of cards</p> <p>brownie = 2x2" Post-It note</p> <p>3 oz slice of cake or pie = 2 finger widths</p>	

