

How to Judge Size of Servings

Some foods are weighed in ounces. Some are measured in spoons or cups. Others, like fruits, are based on an average, or medium, size. Below are some serving sizes and tips to help you judge just what 1 serving looks like.



3 ounces is about the size and thickness of a deck of cards.



1 ounce of cheese is about the size of a domino.

Ounces

- A serving of meat, poultry, or fish is 2 to 3 ounces.
- A serving of natural cheese is $1\frac{1}{2}$ ounces. A serving of processed cheese is 2 ounces.



A 2-inch slice of melon is about the width of 3 fingers.



A medium-sized fruit is about the size of a small fist.

A Medium-Sized Piece

- A serving of fresh, whole fruit is 1 medium-sized piece.
- A serving of melon is one 2-inch slice.



2 tablespoons is about the size of a walnut.



A tablespoon is about the size of a quarter.



A teaspoon is about the size of a penny.

Tablespoons and Teaspoons

- A serving of peanut butter is 2 tablespoons.

- A serving of salad dressing is 1 tablespoon.
- A serving of fat, oil, or sugar is 1 teaspoon.



**3/4 cup
is the
size of a
standard
styrofoam
cup.**



**1/2 cup is
about the
size of an
ice cream
scoop.**



**1 cup is
about
the size
of an 8-
ounce
carton
of
yogurt.
Cups**

- A serving of these foods is $\frac{1}{2}$ cup: cooked cereal, rice, dried beans, or pasta; cooked or chopped raw vegetables; chopped, cooked, or canned fruit.
- A serving of vegetable or fruit juice is $\frac{3}{4}$ cup.
- A serving of these foods is 1 cup: raw, leafy vegetables, berries, milk, or yogurt.

- A serving of ready-to-eat cereal is $\frac{1}{2}$ cup, $\frac{3}{4}$ cup, or 1 cup. The “Nutrition Facts” label tells you just how much 1 serving is.