

# ESTIMATING PORTION SIZES

## Health Beet

### 1 PROTEIN

3 ounces of meat, fish or poultry is approximately the same size as a deck of cards



### 2 BREAD

1 ounce of bread, or one slice of bread should be about the size of a compact disc.

### 3 PASTA OR RICE

If you pack your rice or pasta into a bowl, it shouldn't take up any more space than a baseball to be considered one portion or serving.



### 4 CHEESE

1 ounce of cheese should take up the same amount of space as 4 dice.

### 5 NUTS

1/4 cup of nuts should be the size of a small golf ball

