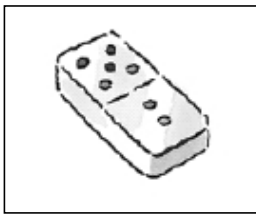


How to Judge Size of Servings

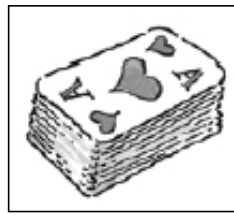
Some foods are weighed in ounces. Some are measured in spoons or cups. Others, like fruits, are based on an average, or medium, size. Below are some serving sizes and tips to help you judge just what 1 serving looks like.

Ounces

- A serving of meat, poultry, or fish is 2 to 3 ounces.
- A serving of natural cheese is 1½ ounces. A serving of processed cheese is 2 ounces.



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



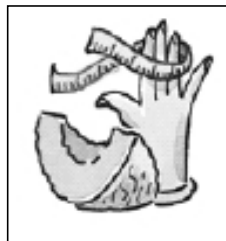
3 ounces is about the size and thickness of a deck of cards.

A Medium-Sized Piece

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



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



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

Tablespoons and Teaspoons

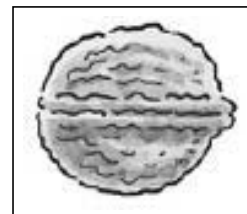
- A serving of fat, oil, or sugar is 1 teaspoon.
- A serving of salad dressing is 1 tablespoon.
- A serving of peanut butter is 2 tablespoons.



A teaspoon is about the size of a penny.



A tablespoon is about the size of a quarter.



2 tablespoons is about the size of a walnut.