

Portion Sizes

Fish



3 ounces



Smartphone

Cheese



1 ounce



2 dice

Nuts, seeds



1/4 cup



1 large egg

Dry cereal



1 cup



1 closed fist

Butter, oil



1 teaspoon



Tip of your thumb

Fruits, other vegetables



1 Cup



Lightbulb

Meat, poultry



3 ounces



Deck of cards

Peanut butter



2 tablespoons



Ping pong ball

Rice, pasta, mashed potatoes, beans



1/2 cup



Tennis ball

Baked potato



1 small



Computer mouse

Leafy greens



1 cup



Baseball

Dried fruit



1/4 cup



Golf ball



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