













# WebMD<sup>®</sup> Portion-Size Guide (wallet size)

In the age of super-sizing, it's all too easy to misjudge portion sizes. WebMD has created some easy guidelines to help you figure out how many servings are on your plate -- and they're in a handy wallet size so you can keep them with you when you're dining out.

Cut out and fold on the dashed line. You may want to laminate or tape for lasting use.

*WebMD Portion Size Guide*

<p><b>BASIC GUIDELINES</b></p> <p>1 cup = baseball </p> <p>1/2 cup = lightbulb </p> <p>1 oz or 2 tbsp = golf ball </p> <p>1 tbsp = poker chip </p> <p>3 oz chicken or meat = deck of cards </p> <p>3 oz fish = checkbook </p>	<p><b>GRAINS</b> </p> <p>1 cup of cereal flakes = baseball</p> <p>1 pancake = compact disc</p> <p>1/2 cup cooked rice = lightbulb</p> <p>1/2 cup cooked pasta = lightbulb</p> <p>1 slice bread = cassette tape</p> <p>1 bagel = 6 oz can of tuna</p> <p>3 cups popcorn = 3 baseballs</p>	<p><b>DAIRY &amp; CHEESE</b> </p> <p>1 1/2 oz cheese = 3 stacked dice</p> <p>1 cup yogurt = baseball</p> <p>1/2 cup of frozen yogurt = lightbulb</p> <p>1/2 cup of ice cream = lightbulb</p> <p><b>FATS &amp; OILS</b> </p> <p>1 tbsp butter or spread = poker chip</p> <p>1 tbsp salad dressing = poker chip</p> <p>1 tbsp mayonnaise = poker chip</p> <p>1 tbsp oil = poker chip</p>
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<p><b>FRUITS &amp; VEGETABLES</b> </p> <p>1 medium fruit = baseball</p> <p>1/2 cup grapes = about 16 grapes</p> <p>1 cup strawberries = about 12 berries</p> <p>1 cup of salad greens = baseball</p> <p>1 cup carrots = about 12 baby carrots</p> <p>1 cup cooked vegetables = baseball</p> <p>1 baked potato = computer mouse</p>	<p><b>MEATS, FISH &amp; NUTS</b> </p> <p>3 oz lean meat = deck of cards</p> <p>3 oz fish = checkbook</p> <p>3 oz tofu = deck of cards</p> <p>2 tbsp peanut butter = golf ball</p> <p>2 tbsp hummus = golf ball</p> <p>1/4 cup almonds = 12 almonds</p> <p>1/4 cup pistachios = 24 pistachios</p>	<p><b>MIXED DISHES</b> </p> <p>1 hamburger (without bun) = deck of cards</p> <p>1 cup fries = about 10 fries</p> <p>4 oz nachos = about 7 chips</p> <p>3 oz meatloaf = deck of cards</p> <p>1 cup chili = baseball</p> <p>1 sub sandwich = about 6 inches</p> <p>1 burrito = about 6 inches</p>

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