

PORTION DISTORTION

Americans have become greatly confused about what a portion/serving of food really is. Dinner plates, glasses, restaurant food, and prepackaged foods have all become grossly oversized. Unfortunately, as the portion sizes have gotten bigger, so have the waistlines. Be the “portion police” and follow these easy to understand guidelines for portion control.



½ cup of grapes = light bulb



1 pancake = CD (Compact Disk)



1 cup of greens = baseball



1 cup pasta or rice = fist



1 ounce cubed cheese = 4 dice



1 medium fruit = tennis ball



3 oz. of cooked meat, fish, or poultry = deck of cards



1 medium potato = computer mouse



1 oz. nuts = 2 shot glasses full