










Lighten Up INDIANA

Hoosiers, step up for a happier, healthier life! Call 317-338-6140 or www.lightenupIndiana.com

WHAT COUNTS AS A SERVING?

It is often very difficult to estimate how much we eat of any food. The following chart may help you *visualize* servings sizes recommended by the Food Pyramid. Remember, what you put on your plate is a *portion*, and that may be one or more *servings* as defined by the Food Pyramid.

ESTIMATOR		FOODS
Softball		1 cup of dry cereals, cooked pasta or rice, chopped vegetables or fruits, popcorn, cooked lentils or legumes (beans such as: navy, lima, black, kidney)
Tennis ball		½ cup of cooked cereal, cooked pasta or rice, cooked vegetables, canned fruits, ice cream or yogurts, custards, or puddings
Deck of cards		3 ounces of cooked meats, well trimmed and prepared with a low fat cooking method
Child's block		1 ounce of cheese, 2 Tbsp. Peanut butter
Dice		1 tsp. of condiments such as: butter, margarine, jellies, jams, sugar, or honey
Cotton ball or your thumb		1 Tbsp. of condiments: sour cream, cream cheese, salad dressing, mayonnaise
1 medium egg		¼ cup peanuts or dried fruits

