

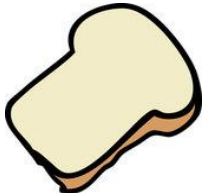
Common household items are also handy serving sizes! Use the charts below, and on the back of this page as a quick guide to be sure you are serving up your portions just right!

Grains and Beans

Bread, Pasta, Rice, Cereal, Beans & Starchy Veggies

Food

Serving Size



1 Slice Whole Wheat Bread



2 Decks of Cards



½ Cup Cooked Rice or Pasta



½ Tennis Ball



½ Baked Potato



½ Computer Mouse

Protein

Lean Meat, Poultry, Fish, Eggs, Beans

Food

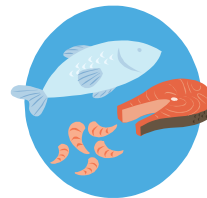
Serving Size



2-3 oz. Lean Meat and Poultry



1 Deck of Cards



2-3 oz. Fish



Checkbook



2 Tablespoons Peanut Butter



Ping Pong Ball

Fruit

Fresh whole fruit and 100% Fruit Juice

Food

Serving Size



1 Whole or ½ Cup Fruit



Baseball



4 oz. 100% Fruit Juice



Small Juice Box

Vegetables

Non-Starchy Veggies

Food	Serving Size
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1 Cup Green Leafy Veggies



1 Fist

Food	Serving Size
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½ Cup Veggies

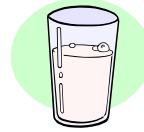


1 Lightbulb

Dairy

Milk, Cheese, Yogurt

Food	Serving Size
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1 Cup Milk or Yogurt

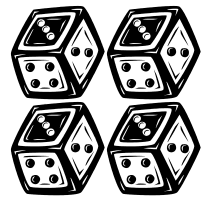


Small Tea Cup

Food	Serving Size
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1 oz. Cheese



4 Dice

NOTES:

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**. Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**. You can also visit our website at www.uwhealth.org/nutrition. Produced by the Clinical Nutrition Services Department 2/2019

