



PORTION SIZE MATTERS.



Here's a quick guide to food portion sizes using everyday objects.



= Small Stamp
1 teaspoon



= 9-Volt Battery
1 tablespoon



= Golf Ball
2 tablespoons



= Deck of Cards
3 ounces



= Computer Mouse
1/2 cup



= Baseball
1 cup

PORTION CONTROL MADE EASY!

A "serving" is the amount of food recommended to eat. A "portion" is the amount of a food you choose to eat at any one time - which may be more or less than a serving.

Really, what size are your food portions?

To see how much you are actually eating, pour your cereal into your regular bowl and then into a measuring cup. Do the same with your glasses, cups, and plates.

Download your portion size pocket guide at
livebetteramerica.com

For more, visit healthysd.gov

Yum! 