

## PORTION SIZE: *Size Matters*

### Portion Size

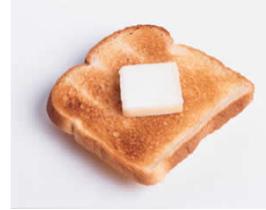
### Picture This!!

### Portion Size Example

One (1) Teaspoon (tsp)

A postage stamp

One (1) tsp of butter



Two (2) Tablespoons

A ping pong ball

2 Tbsp peanut butter



¼ cup

A golf ball

¼ cup of nuts



½ cup

A tennis ball

½ cup of ice cream



1 cup

A baseball

1 cup of cooked pasta or rice



**Portion Size**

**Picture This!!**

**Portion Size Example**

One (1) Ounce (oz)

A package of dental floss

1 oz. of cheese



Three (3) Ounce (oz)

A check book

3 oz. of fish



Four (4) Ounce (oz)

A deck of cards

4 oz. of meat

