

To make portion control easy, think...
 The right portion.....Is about the size of...

3 oz. Meat	A Deck Of Cards
3 oz. Fish	A Checkbook
1 oz. Cheese	A Nine Volt Battery
1 Medium Potato	A Computer Mouse
1 Medium Piece Of Fruit	A Tennis Ball
1 Cup Vegetables	A Fist
2 Tablespoons Butter, Margarine, Salad Dressing, Peanut Butter Or Mayonnaise	A Ping Pong Ball
1 oz. Small Snacks Such As Nuts	One Handful
1 oz. Large Snacks Such As Chips Or Pretzels	One Large Handful
1 Small roll	A Yo-Yo