

Sizing Up Servings

Watching portion size is just as important as the foods you choose to eat when trying to reduce your blood cholesterol level and maintain a healthy weight. Eating too much of even a low fat food can add unwanted saturated fat, cholesterol, and calories to your diet. Use these examples of everyday items to estimate portion sizes.

Food Groups	One Serving Size Equals...
Breads, Cereals, Rice, Pasta, and other Grains Group	<ul style="list-style-type: none"> • 1 slice bread or 1/2 bagel the size of a hockey puck. • 1/2 cup cooked rice equals a cupcake wrapper. • 1/2 cup pasta equals an ice cream scoop.
Fruit and Vegetable Groups	<ul style="list-style-type: none"> • One fruit and vegetable serving is equal to one piece the size of a tennis ball or 1/2 cup the size of a light bulb.
Meat, Chicken, Fish, Dry Beans and Peas, Eggs, and Nuts Group	<ul style="list-style-type: none"> • 3 ounces lean meat, chicken, or fish measures up to a deck of cards or a check book.
Dairy Group	<ul style="list-style-type: none"> • 1 ounce cheese equals about 4 dice.
Fats, Oils, and Sweets Group	<ul style="list-style-type: none"> • Use sparingly. For a teaspoon of fat, look to the tip of your thumb.

This tip sheet is adapted from American Dietetic Association, Eat Right Minute Nutrition Tip of the Day located at www.eatright.org

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