

Nutrition Information

Serving Sizes compared to common objects

Visual Cue	Approx. Size	Foods
Woman's fist or baseball	1 cup	Green salad, frozen yogurt, med. piece of fruit, baked potato
Tennis ball	½ cup 1 oz	Cut fruit, cooked vegetables, pasta, rice Pretzels or snack food
Golf ball or Large egg	¼ cup	Dried fruit, like raisins
iPhone	3 oz	Meat, poultry
Check book	3 oz	Grilled fish
Matchbook	1 oz	Meat
6 dice	1-1/2 oz	Cheese
Thumb tip	1 tablespoon	Mayonnaise
1 dice	1 tsp	Butter

<http://www.midwestdairy.com/content.cfm/CategoryID=122>

