

Portion Size Guide

Three ounces of beef? Two-thirds cup of cooked pasta? Unless you carry measuring spoons, cups, and a kitchen scale with you wherever you go, it's hard to know how big that serving really is.

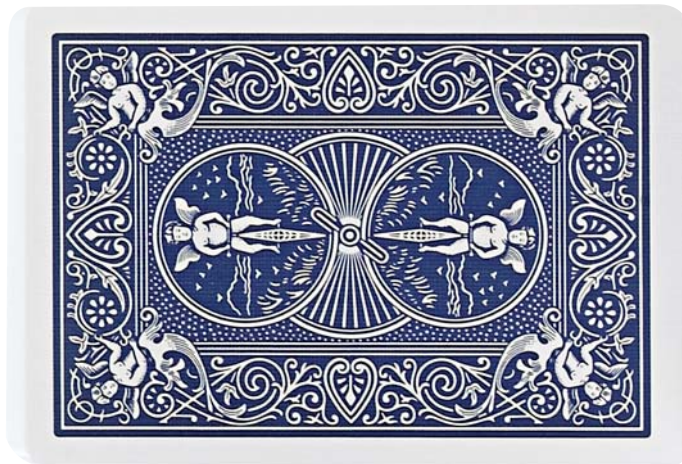
To help you assess portion sizes, we use both standard measurements and everyday items as guides. These objects (shown in actual size) will help you visualize portion sizes in **ChangeOne** meals.



2 golf balls
About 1/2 cup
Use for beans,
hot cereals



2-3 CDs
About 2-3 ounces
Use for sandwich
meats, sliced cheese



Deck of cards
About 3-4 ounces
Use for servings of beef,
chicken, pork, salmon



Diner coffee cup
About 8 fluid ounces
Use for milk, yogurt, soups



Baseball
About 1 cup
Use for cereal, rice, pasta



Tennis ball
About 2/3 cup
Use for bread, rolls,
potatoes, small
starch portions



Checkbook
About 6 ounces
Use for servings of
chicken breast filet,
light-flesh fish