Seven Ways To Size Up Your Portions

1. Three ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.

2. A medium apple or peach is about the size of a tennis ball.

3. 1 ounce of cheese is about the size of 4 stacked dice.

4. ½ cup of ice cream is about the size of a racquetball or tennis ball.

5. 1 cup of broccoli or mashed potatoes is about the size of your fist.

6. 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.

7. 1 ounce of nuts or small candies equals one handful.