

# serving size counts!

- A “portion” of a food or beverage is the amount you choose to eat or drink. That’s different from the “serving size” listed on a nutrition label.
- When you read the nutrition label, remember that the calories listed are for “one serving,” which may be less than the whole package or bottle.
- Portions at home and in restaurants have gotten bigger over time. Sodas are now 20 fluid ounces instead of 8 or 10 fluid ounces.
- At restaurants, share a main dish or cut a large portion in half and take the rest home.
- At home, serve portions that are the sizes shown below.

## Here’s What Sensible Servings Look Like



**1 ounce of cheese**=  
a pair of dice



**1 teaspoon butter  
or margarine** =  
postage stamp

**3 ounces of  
cooked fish** =  
checkbook



**2 tablespoons of  
peanut butter** =  
pingpong ball

**2-3 ounces of cooked meat**=  
deck of cards



**1/2 cup noodles or rice**=  
closed woman’s fist



IDEAL FOR THE WHOLE FAMILY  
**Splenda**  
NO CALORIE SWEETENER

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