



# What Does a Serving Size Look Like?



Clenched Fist

or



Baseball

equals about

**1 cup**

of

Yogurt & Milk



A Cupped Hand

or



Tennis Ball

equals about

**½ cup**

of

Beans & Grains



Palm of Hand

or



Deck of Cards

equals about

**3 oz.**

of

Meat, Fish, & Poultry



Thumb

or



Ping Pong Ball

equals about

**1 oz.**

of

Nut butters & Hard Cheeses