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Knowing exactly how much is on your plate can be tricky. Visualizing tablespoons, ounces, and cups of food isn't easy, which makes dishing out correct serving sizes a challenge. We've created the comparisons below as an easy guideline to help calculate proper portion sizes.

Basic Guidelines

				
Golf Ball ¼ cup 1 oz 2 tbsp	Tennis Ball ⅓ cup	Computer Mouse ½ cup	Baseball 1 cup	Rounded Handful ½ cup 1 oz dried goods
				
Hockey Puck 3 oz muffin or biscuit	Matchbox 1 oz serving of meat	Deck of Cards 3 oz of chicken, meat, or fish	Thin Paperback Book 8 oz serving of meat	Thumb 1 tsp
				
Poker Chip 1 tbsp	Shot Glass 1 oz 2 tbsp	CD 1 slice of bread 1 oz lunch meat	3 Dice 1 ½ oz cheese	Kids' School Milk Carton 8 oz drink

Useful Examples

		
Bread & Grains 1 cup of cereal = 1 baseball ½ cup cooked rice = computer mouse ½ cup cooked paste = computer mouse 1 slice of bread = CD 3 cups of popcorn = 3 baseballs	Fruits & Vegetables ½ cup grapes = about 16 grapes 1 cup of strawberries = about 12 berries 1 cup of salad greens = 1 baseball 1 cup cooked vegetables = 1 baseball 1 baked potato = computer mouse	Meats, Fish & Nuts 3 oz lean meat or poultry = deck of cards 3 oz tofu = deck of cards 2 tbsp peanut butter = golf ball ¼ cup almonds = about 23 almonds ¼ cup pistachios = about 24 pistachios
		
Dairy & Cheese 1 ½ oz cheese = stacked dice 1 cup yogurt = baseball ½ cup ice cream = computer mouse	Fats & Oils 1 tbsp butter or spread = poker chip 1 tbsp salad dressing = poker chip 1 tbsp oil or mayonnaise = poker chip	Sweets & Treats 1 slice cake = deck of cards 1 cookie = about 2 poker chips 1 piece of chocolate = matchbox