

Portion Size Examples

Listed below are standard portion sizes for common foods along with a visual example of what that portion equates to. Associating common items with portion sizes can help you control your portion and avoid eating “extra” food.

1 oz. bread = Index card

2 oz. Italian bread = Bar of soap

1 cup green salad = Adult-size fist

Small potato = Computer mouse

3 oz. chicken = Deck of cards

2 Tbsp. peanut butter = Two tea bags

½ cup frozen yogurt = Child-size fist

1 oz. cheese = Pair of dice

1 butter pat = Scrabble tile

1 cup ice cream = Baseball

1 oz. chips = Medium-size handful

1 3-inch cake slice = Small stack of business cards