Right Size Your Portions

**FRUIT**
- 1 ounce dried fruit = golf ball
- ½ cup grapes or blueberries = ½ baseball

**VEGETABLES**
- 1 small baked potato = computer mouse
- 1 cup vegetables = baseball

**GRAINS**
- 1 cup cooked pasta = baseball
- ½ cup cooked rice = ½ baseball

**PROTEIN**
- 3 ounces cooked fish = checkbook
- 3 ounces cooked chicken or lean beef = deck of cards
- ¼ cup almonds or walnuts = golf ball

**DAIRY**
- 8 ounces yogurt = baseball
- 1½ ounces hard cheese = 3 dice