Health Tip Of The Month:
Make Every Portion Size OrganWise!

Be wise about your PORTION SIZE

One Portion Looks Like:

1 cup cereal (1 ounce from Grains Group) = size of a baseball
1 slice bread (1 ounce from Grains Group) = size of a computer disk
1/2 cup cooked pasta (1 ounce from Grains Group) = size of a small computer mouse

1 cup chopped vegetables = size of a baseball
1 cup chopped fruit = size of a baseball
1 teaspoon margarine = size of 1 die

1/2 ounce of natural cheese = size of 4 dice
1 cup milk = size of small milk carton
2 tablespoons light salad dressing = size of a golf ball

3 ounces lean meat, fish, or poultry = size of a deck of cards
1/2 cup cooked dry beans (2 ounces from Meat & Beans Group) = size of a small computer mouse
2 tablespoons peanut butter (2 ounces from Meat & Beans Group) = size of a golf ball

For more information about the “Be Wise About Your Portion Size” nutrition education campaign, go to www.dh.state.fl.us/family/health/indices.html.