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Picturing your child's food serving sizes is a smart way to watch calories and plan for healthy meals and snacks. Picturing your child's serving sizes helps to make smart choices, and makes it easier to know how much your child is eating. Use these everyday examples as a guide to make sure your child is getting the right serving size.

Your Guide to Picture Portion Sizes

FOOD	AVERAGE PORTION SIZE	LOOKS LIKE.....
Milk, yogurt	1 cup	 an adult fist
Hard cheese	1 ounce	 four dice
Bread	1 slice	 CD case
Tortilla	1	 7 inches round
Baked potato	1	 adult fist or light bulb
French fries	10	 deck of cards
Salad greens	1 cup	 amount of adult two cupped hands
Pasta or Rice	½ cup	 half a baseball
Pancake or Waffle	1	 a CD or DVD
Fresh fruit	1 small-medium	 a tennis ball
Canned fruit Cook vegetables	½ cup	 half a baseball
Peanut butter	2 tablespoons	 a ping-pong ball
Meat, Poultry, Fish	2-3 ounces	 a deck of cards