

Diabetes Prevention, Diet and Nutrition Program

Portion Size Guidelines

Below are ways you can picture a serving or portion size using everyday objects.

(Note: hands and finger sizes vary from person to person! These are GUIDES only).

Food Portion

Looks Like

Grains, Beans, and Starchy

Vegetables Group

½ cup cooked rice or pasta half of a baseball
 ½ cup cooked dry beans, lentils, or peas cupcake wrapper full
 ½ cup potatoes, corn, green peas level ice cream scoop
 corn on the cob 4-inch corn cob



Vegetable

1 cup green salad baseball or a fist
 ¾ cup tomato juice..... small Styrofoam cup
 ½ cup cooked broccoli half baseball or light bulb
 ½ cup serving 6 asparagus spears, 7 or 8 baby carrots



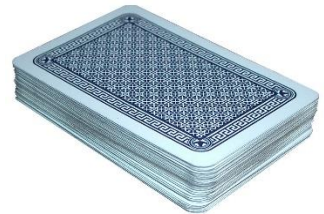
Fruit

½ cup of fresh fruit custard cup
 1 medium size fruit..... fist or baseball
 ¼ cup raisins..... large egg



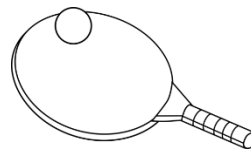
The Meat and Protein Foods

3 ounces cooked meat, fish, poultry deck of cards
 3 ounces cooked chicken..... leg plus thigh or ½ whole breast
 1 ounce of cheese 4 stacked dice
 2 tablespoons peanut butter ping-pong ball
 1 teaspoon peanut butter fingertip
 1 tablespoon peanut butter thumb tip



Fats, Oils and Nuts

1 teaspoon butter, margarine fingertip
 2 tablespoons salad dressing ping-pong ball



Did you to know that...

- 1 cupped hand holds 2 tablespoons of liquid.
- 1 slice of bread is one ounce or 1 serving; some rolls or bagels weigh 3 to 5 ounces or more making them equal to 3 to 5 servings of bread