



# TAKE CONTROL OF How Much You Eat

Understanding portions can be tricky. Here are some easy ways to judge a portion.

## FRUIT



One medium whole fruit = tennis ball



1/2 cup chopped, cooked or canned fruit = computer mouse

## VEGETABLES

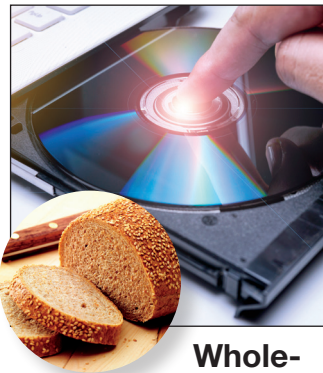


1 cup raw leafy vegetables = Four lettuce leaves

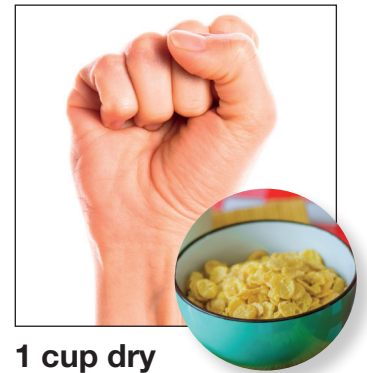


1 cup cooked or raw vegetables = 1 baseball

## GRAINS

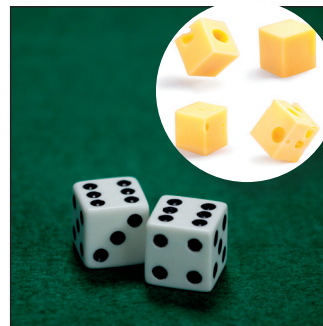


Whole-wheat bread = 1 CD



1 cup dry cereal = Fist

## CHEESE AND MEAT



1.5 ounces cheese = Pair of dice



3 ounces meat = Deck of cards

## FAT



1 ounce = Ping-pong ball