























# Serving-Size Chart



FOOD	SYMBOL	COMPARISON	SERVING SIZE
<b>Dairy: Milk, Yogurt, Cheese</b>			
Cheese (string cheese)			Pointer finger 1½ ounces
Milk and yogurt (glass of milk)			One fist 1 cup
<b>Vegetables</b>			
Cooked carrots			One fist 1 cup
Salad (bowl of salad)			Two fists 2 cups
<b>Fruits</b>			
Apple			One fist 1 medium
Canned peaches			One fist 1 cup
<b>Grains: Breads, Cereals, Pasta</b>			
Dry cereal (bowl of cereal)			One fist 1 cup
Noodles, rice, oatmeal (bowl of noodles)			Handful ½ cup
Slice of whole-wheat bread			Flat hand 1 slice
<b>Protein: Meat, Beans, Nuts</b>			
Chicken, beef, fish, pork (chicken breast)			Palm 3 ounces
Peanut butter (spoon of peanut butter)			Thumb 1 tablespoon