

# What equals a portion?

People often ask the question “What equals a portion?” Portions or servings are the appropriate amount of food to eat at a given time depending on your caloric intake. Since many foods are listed by “servings,” and the food guide pyramid requires ounce equivalents, it is often difficult to know exactly how much of a food an ounce equals without owning a scale. This guide offers some quick tips on how to judge how much food you’re eating without having to buy extra equipment.

 <p><b>½ cup of fruit juice</b> = size of a 4 oz juice box</p>	 <p><b>1 small apple = 1 cup</b> = size of a baseball</p>	 <p><b>½ cup of sliced fruit</b> = size of a small computer mouse</p>	<p><b>2 cups</b> <b>Fruit Group</b></p>
 <p><b>½ cup of carrots or other vegetables</b> = size of a small computer mouse</p>	 <p><b>10 medium fries counts as ½ cup</b> = size of a deck of cards</p>	 <p><b>1 cup of raw vegetables</b> = size of a baseball</p>	<p><b>2½ cups</b> <b>Vegetable Group</b></p>
 <p><b>1 cup of milk</b> = an 8 oz carton of milk</p>	 <p><b>1 cup of yogurt</b> = size of a baseball</p>	 <p><b>1½ oz. of low-fat natural cheese*</b> = size of two 9-volt batteries</p> <p><small>*Counts as one cup</small></p>	<p><b>3 cups or equivalent</b> <b>Milk Group</b></p>
 <p><b>2-3 oz. of meat, poultry or fish</b> = size of a deck of cards</p>	 <p><b>1 tablespoon of peanut butter counts as 1 oz</b> = size of one 9-volt battery</p>	 <p><b>½ cup of beans counts as 2 oz</b> = size of a small computer mouse</p>	<p><b>5½ ounces or equivalent</b> <b>Meat &amp; Beans Group</b></p>
 <p><b>½ cup of cooked pasta = 1 oz</b> = size of a small computer mouse</p>	 <p><b>1 cup of dry cereal = 1 oz</b> = size of a baseball</p>	 <p><b>1 slice of bread counts as 1 oz</b> = size of a CD*</p> <p><small>*About the thickness of 10 CDs (½ inch)</small></p>	<p><b>6 ounces or equivalent</b> <b>Grains Group</b></p>