

Table 2. Tips for Estimating Amount of Food Consumed

This table lists some handy tips to help you estimate the amount of food you eat when you cannot measure or weigh it.

Breads and grains

½ cup cooked cereal, pasta, rice	volume of cupcake wrapper or half a baseball
4-oz bagel (large)	diameter of a compact disc (CD)
medium piece of cornbread	medium bar of soap

Fruits and vegetables

medium apple, orange, peach	tennis ball
¼ cup dried fruit	golf ball or scant handful for average adult
½ cup fruit or vegetable	half a baseball
1 cup broccoli	light bulb
medium potato	computer mouse
1 cup raw leafy greens	baseball or fist of average adult
½ cup	6 asparagus spears, 7 or 8 baby carrots or carrot sticks, or a medium ear of corn

Meat, fish, and poultry, cooked

1 oz	about 3 tbsp meat or poultry
2 oz	small chicken drumstick or thigh
3 oz	average deck of cards, palm of average adult's hand, half of a whole, small chicken breast, medium pork chop

Cheese

1 oz hard cheese	average person's thumb, 2 dominoes, 4 dice
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Other

2 tbsp peanut butter	Ping-Pong ball
⅓ cup nuts	level handful for average adult
½ cup	half a baseball or base of computer mouse
1 cup	tennis ball or fist of average adult

Note: The serving size indicated in the Food Guide Pyramid and on food labels is a standardized unit of measure and may not represent the portion of food a person actually eats on one occasion.

Sources: Schuster (1997), American Institute of Cancer Research (2001).