

Measurement

Size

Food item portion

1 cup

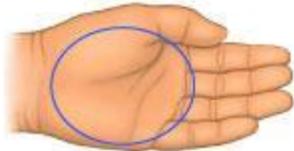


Fist



Medium fruit, green salad, frozen yogurt, pasta, rice, pretzels, snack food, ice cream

**1/2 cup
(4 ounces)**



Rounded handful



Cooked vegetables, cup of fruit, pasta, rice, snack food, pretzels, nuts, small candy

3 ounces



Deck of cards



Fish, meat, poultry

1/4 cup



Golf ball

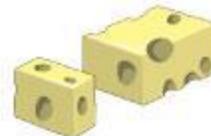


Dried fruit, such as raisins, apricots

1 1/2 ounces



6 dice

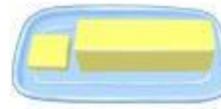


Cheese

**1 teaspoon
(tsp.)**



Tip of thumb



Pat of butter