

To estimate serving sizes, use the following equivalents¹:

Your fist = 1 cup

Baseball = 1 cup

Tennis ball = $\frac{1}{2}$ to $\frac{2}{3}$ cup measure

Computer mouse = $\frac{1}{2}$ to $\frac{3}{4}$ cup

Ping-pong or golf ball = 2 tbsp

Thumb tip to first joint = 1 tsp

Matchbox = 1 oz of meat

Bar of Soap = 3 oz of meat

Deck of cards = 3 oz of meat

Palm of hand = 3 oz

1 ice cream scoop = $\frac{1}{2}$ cup

Thumb = 1 oz of cheese

4 stacked dice = 1 oz of cheese

¹ Wardlaw, G., J. Hampl, R. DiSilvestro. (2004) Perspectives in Nutrition. New York : McGraw Hill.