



Eat Right | Portion Size Guide

As portion sizes have grown, so have American waistlines. Take control of how much you eat by using these visual tips to judge a healthy portion of food from now on! What counts as a serving?

Fruits

- 1 medium apple, banana, orange – a tennis ball
- 1/2 cup of chopped, cooked, or canned fruit – half a baseball
- 1/2 cup of 100% fruit juice – small glass
- 1/4 cup dried fruit – small handful

Vegetables

- 1 cup of raw, leafy vegetables – 4 lettuce leaves
- 1/2 cup of other cooked or raw vegetables, chopped – half a baseball
- 1/2 cup of 100% vegetable juice – small glass

Grains

- 1 slice of bread
- 1 cup of cereal flakes or ready-to-eat cereal – your fist
- 1/2 cup of cooked cereal, rice, or pasta – half a baseball

Beans and nuts

- 1/2 cup of cooked dry beans – half a baseball
- 2 tablespoons of peanut butter – a ping pong ball
- 1/3 cup nuts – a small handful

Dairy foods and eggs

- 1 cup of milk or yogurt
- 1 1/2 ounces of natural cheese – pair of dice
- 1 egg

Meats

- 2-3 ounces of cooked, lean meat, poultry, or fish – a deck of cards

Note that foods listed as “cooked” should be measured after cooking.

For more information about healthy eating, visit [cancer.org/GreatAmericans](https://www.cancer.org/GreatAmericans).

