

## Portion size guide



3 oz (75 g) cooked chicken  
or meat (4 oz raw):  
deck of cards



1 cup (250 ml) cooked rice,  
pasta or ice cream:  
tennis ball



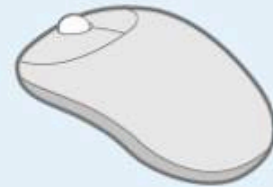
1 oz (30 g) cheese:  
4 dice or 1 domino



medium piece of fruit:  
baseball



1 tsp (5 ml) butter or  
margarine: one die



1 small baked potato:  
a computer mouse



average woman's fist:  
1 cup (250 ml)



2 tbsp (30 ml) peanut butter,  
jam, salad dressing: golf ball



1 oz (30 g) of chocolate:  
a packet of dental floss