

Nutrition for Fitness and Sports Lifestyles

VISUALIZING FOOD

These mental visuals simply help you judge measurements. Once you're able to judge a measurement, you can tell exactly how much is on your plate.

Meat or Poultry:

Fish such as

tuna or salmon steak

3 ounces = deck of cards

Fleshy white fish, such as

flounder, tilapia, orange roughy

3 ounces = checkbook

Meat or Poultry

1 ounce = matchbook

Peanut butter

2 tablespoons = walnut in the shell

Salad dressing

2 tablespoons = shot glass

Olive oil or salad dressing

1 teaspoon = standard cap on a 16-ounce water bottle

Butter or margarine

1 teaspoon = standard postal stamp

Cold cereal; berries;

Popcorn

1 cup = baseball

Rice or pasta, cooked

1/2 cup = 1/2 baseball

Ice cream

1/2 cup = 1/2 baseball

Tomato sauce

1/2 cup = 1/2 baseball

Pretzels (1 ounce)

3/4 cup = tennis ball

Bread (1 ounce)

1 slice = CD case

Pancake/waffle

4-inch diameter = diameter of a CD

Hard cheese

1 ounce = 4 dice

Cheese slice, sandwich meat

1 ounce = diameter of a CD

Baked potato or

Sweet potato

1 potato = computer mouse

Mixed nuts; dried fruits;

Granola, almonds or peanuts

1/4 cup = golf ball

Juice, orange or grapefruit

6 fluid ounces

3/4 cup = 6-ounce yogurt container

Apple, peach

1 piece of fruit = baseball

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THE HANDY METHOD

Sometimes the best visual to use is your own hand. The Handy Method helps you guesstimate your portions by comparing your foods to different parts of your hand.

Meat, fish, or poultry	3 ounces = palm of your hand
Mixed nuts	$\frac{1}{4}$ cup = 1 layer on your palm
Veggies, berries	1 cup = tight fist
Popcorn/cereal	1 cup = 2 cupped hands or 2 handfuls
Cooked pasta	$\frac{1}{2}$ cup = rounded handful
Meat, cheese	2 ounces = 2 fingers (length of 2 fingers) 1 ounce = 1 finger
Butter or oil	$\frac{1}{2}$ teaspoon = fingertip