

Portion Distortion Guide

Bread, Grains, and Pasta (6-11 Servings)



- 1-ounce slice whole wheat bread = index card
- ½ bagel = can of tuna
- ½ cup rice, cereal, or pasta = small walkman
- 1 two-ounce muffin = cupcake wrapper
- 1 small roll = yo-yo
- 1 four-inch pancake = compact disc
- 1 two-ounce piece of Italian bread = bar of soap



Fruits and Veggies (2-5 servings of both)

- 1 medium orange or apple = tennis ball
- ½ grapefruit = car headlight
- ¼ cup dried fruit = large egg
- 1 cup green salad = adult fist
- ½ cup cooked vegetables or fruit = billiard ball
- 6 ounces of 100% vegetable or fruit juice = hockey puck
- 1 small potato = computer mouse
- 1 broccoli spear = two small beanbags

Protein and Meat (2-3 servings)

- 3 ounces beef, chicken, pork = small pack of tissues
- 1 ounces of nuts = ping pong ball
- ½ cup of cooked dry beans or peas = man's wallet
- 1 egg = stick shift knob
- 2 tbsp. of peanut butter = two tea bags



Dairy (2-3 servings)

- ½ cup nonfat frozen yogurt = child fist
- 1 ½ ounces of nonfat cheese = 9 volt battery
- 1 ounce of cheese = pair of dice

Fats and Oils

- 1 pat of butter or margarine = Scrabble tile
- 1 tsp. of butter = tip of thumb to fist joint



Snacks and Desserts

- 1 ounce of chips = medium size handful
- 1 three-inch piece of cake = small stack of business cards
- 1 cup of ice cream = baseball