Serving Sizes

Three ounces of cooked meat, fish or poultry is the size of a deck of cards.

Two tablespoons of peanut butter is the size of a golf ball.

A medium piece of fruit looks like a baseball.

A medium bagel is the size of a hockey puck.

One ounce of cheese is the size of four dice.

A small baked potato is the size of a computer mouse.