

# Serving-Size Chart

FOOD	SYMBOL	COMPARISON	SERVING SIZE
Dairy: Milk, Yogurt, Cheese			
Cheese string cheese)	700	Pointer finger	1% ounces
Milk and yogurt glass of milk)	9	One fist	1 cup
/egetables		¥1	4
Cooked carrots	<b>(9)</b>	One fist	1 cup
Salard bowl of salard)	(89)	Two fists	2 cups
ruits		±	
Apple	(3)	One fist	1 medium
Canned peaches	9	One fist	1 cup
Grains: Breads, Cereals, Pasta			<u> </u>
Ory cereal (bowl of cereal)	(9)	One fist	1 cup
Noodles, rice, oatmeal (bowl of noodles)	(4)	Handful	% cup
Slice of whole-wheat bread		Flat hand	1 slice
Protein: Meat, Beans, Nuts		- J.	-1.
Chicken, beef, fish, pork (chicken breast)		Palm	3 ounces
Peanut butter (spoon of peanut butter)		Thumb	1 tablespoon

# **Food Portion Size Guide For Catering**

Food and Nutrition Information Center (U.S.)

#### **Food Portion Size Guide For Catering:**

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