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Knowing how to measure your food makes it easier to plan how much you should eat and drink. Controlling your food portions helps with weight loss, prevents weight gain, and keeps your blood sugars in target range.

This serving size	Is the same size as	An example is
One cup	Baseball 	2 scoops of mashed potatoes 
Half of a cup	Palm of hand 	1 scoop of ice cream 
One-third of a cup	Egg 	4 saltine crackers 
Two tablespoons	Golf ball 	Spoonful of peanut butter 
One tablespoon	Poker chip 	Dollop of mayonnaise 
One teaspoon	Penny 	Pat of butter 
Three ounces	Deck of cards 	Small pork chop 
One ounce	4 die 	4 cubes of cheese 

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The information provided herein is considered educational and should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A licensed medical professional should be consulted for diagnosis and treatment of any and all medical conditions. Call 911 for all medical emergencies.