






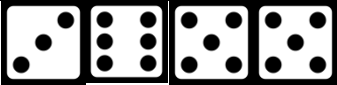




Montana WIC

Nutrition Program for Women, Infants and Children

Serving Size Comparison Chart

Visual Tips for Portion Sizes	Food Examples
1 Cup =  Baseball or  Fist	Milk, Yogurt, Cooked Vegetables, Whole Fruit (medium), Canned Fruit, Dry Cereal
½ Cup =  Lightbulb	Pasta, Rice, Oatmeal
1/3 Cup =  Egg	
2 Tablespoons =  Golf ball	
1 Tablespoon =  Thumb	Peanut Butter
1 teaspoon =  Penny	
1 ounce =  4 Dice	Cheese
3 ounces =  Deck of Cards	Chicken, Beef, Fish, Pork, Fish
1 Slice of Bread =  Flat Hand	Whole Wheat Bread