

# How can a baseball and a CD help control portions?

Food Group	Food	Portion	Portion similar to
Fruits & Vegetables	Salad Greens	1 cup	A baseball
	Cooked Vegetables	1/2 cup	Half a baseball
	Dried Fruit	1/4 cup	Size of an egg
	Baked Potato	Small	Size of a computer mouse
Grains	Bread	1 oz.	A cassette tape
	Bagel	4 oz.	A CD
	Corn Tortilla	1 piece	Size of a salad plate
Meats & Beans	Poultry, Fish, Beef or Pork	3 oz.	A deck of cards
	Peanut Butter	2 tablespoons	A ping-pong ball
	Cooked Beans/Peas	1/2 cup	Half a baseball
Dairy	Cheese	1 - 1.5 oz.	6 dice or 2 slices
	Ice Cream	1/2 cup	Half a baseball
Fats	Butter	1 teaspoon	Tip of your thumb
	Oil	1 teaspoon	Size of a quarter

Source: U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute [www.5aday.gov](http://www.5aday.gov)

**Don't worry so much about measuring cups and food scales.**

Instead, visualize the proper food portions by comparing them to some everyday items. **The chart above approximates the right serving size for several foods.** By understanding and controlling portions, you can enjoy a nutritious and well-balanced bite while helping keep your waistline in check. **That's time well spent.**

Visit [anthem.com](http://anthem.com) for more information on healthy lifestyle choices like nutrition and fitness.

