

What IS One Serving?

- 1 tennis ball
- 1 baseball
- 1 deck of playing cards
- 1 book of matches
- 1 CD case
- 1 1" wooden cube
- 1 nickel

Why would you want these things? Each item represents the approximate size of a serving for various foods. See the table below for representations:

Item	Serving it Represents
Tennis ball	1 cup of cooked rice; 15 grapes
Baseball	12 oz potato; 1 cup of cold cereal
Deck of cards	3 oz cut of meat
Book of matches	1 tbsp of oil, salad dressing or mayo
CD case	1 slice of bread
1" wooden cube	1 oz of cheese
Nickel	2 oz of dry spaghetti, 1 cup of cooked spaghetti

For real life food models, try [Nasco's on-line catalog of Food Replicas](#). (Health Education Materials - Nutrition)