



## Lab A8-4 Portion Size Quiz and Worksheet

1. An ounce and a half of hard cheese—equivalent to one serving from the dairy group—looks most like
  - a. one domino.
  - b. two dominoes.
  - c. three dominoes.
2. A half cup of cooked pasta, considered a serving from the grain group, most easily fits into
  - a. an ice cream scoop (the kind with a release handle).
  - b. a ball the size of a medium grapefruit.
  - c. a cereal bowl.
3. One drink of wine roughly fills
  - a. two-thirds of a coffee cup.
  - b. one coffee cup.
  - c. two coffee cups.
4. One serving of green grapes consists of how many grapes?
  - a. 10
  - b. 15
  - c. 20
5. Three ounces of beef, a serving's worth, most closely resembles
  - a. a *TV Guide*.
  - b. a regular bar of soap.
  - c. a small bar of soap (as from a hotel).
6. One serving of brussels sprouts consists of how many sprouts?
  - a. 4
  - b. 8
  - c. 12
7. Two tablespoons of olive oil more or less fill
  - a. a shot glass.
  - b. a thimble.
  - c. a Dixie cup.
8. Two tablespoons of peanut butter make a ball the size of
  - a. a marble.
  - b. a tennis ball.
  - c. a ping-pong ball.
9. How many shakes of a five-hole salt shaker does it take to reach 1 teaspoon (approximately the maximum amount recommended per day)?
  - a. 5
  - b. 10
  - c. 60
10. There are eight servings in a loaf of Entenmann's Raspberry Danish Twist. A serving is the width of
  - a. one finger.
  - b. two fingers.
  - c. four fingers.

### Answers

- |      |       |
|------|-------|
| 1. c | 6. a  |
| 2. a | 7. a  |
| 3. a | 8. c  |
| 4. b | 9. c  |
| 5. b | 10. b |

(over)

**LAB A8-4** (continued)

Review the following list of *actual* Food Guide Pyramid serving sizes. For foods that you typically eat, write in your typical portion size and see how it compares.

<b>BREAD, CEREAL, RICE, AND PASTA</b> (6–11 servings/day)		<b>FRUITS</b> (2–4 servings/day)	
Your Typical Portion Size	Pyramid Serving Sizes	Your Typical Portion Size	Pyramid Serving Sizes
	<b>GENERALLY:</b>		<b>GENERALLY:</b>
_____	1 slice of bread	_____	a whole fruit (medium apple, banana, peach, or orange, or a small pear)
_____	1/2 hamburger or hot dog bun	_____	grapefruit half
_____	1/2 English muffin or bagel	_____	melon wedge (1/4 of a medium cantaloupe or 1/8 of a medium honeydew)
_____	1 small roll, biscuit, or muffin (about 1 ounce each)	_____	3/4 cup juice (100% juice)
_____	1/2 cup cooked cereal	_____	1/2 cup berries, cherries, or grapes
_____	1 ounce ready-to-eat cereal	_____	1/2 cup cut-up fresh fruit
_____	1/2 cup cooked pasta or rice	_____	1/2 cup cooked or canned fruit
_____	5 to 6 small crackers (saltine size)	_____	1/2 cup frozen fruit
_____	2 to 3 large crackers (graham cracker square size)	_____	1/4 cup dried fruit
	<b>SPECIFICALLY:</b>		<b>SPECIFICALLY:</b>
_____	4-inch pita bread	_____	5 large strawberries
_____	3 medium hard bread sticks, about 4-3/4 inches long	_____	7 medium strawberries
_____	9 animal crackers	_____	50 blueberries
_____	1/4 cup uncooked rolled oats	_____	30 raspberries
_____	2 tablespoons uncooked grits or Cream of Wheat cereal	_____	11 cherries
_____	1 ounce uncooked pasta (1/4 cup macaroni or 3/4 cup noodles)	_____	12 grapes
_____	3 tablespoons uncooked rice	_____	1-1/2 medium plums
_____	1 7-inch flour or corn tortilla	_____	2 medium apricots
_____	2 taco shells, corn	_____	1 medium avocado
_____	1 4-inch pancake	_____	7 melon balls
_____	9 3-ring pretzels or 2 pretzel rods	_____	1/2 cup fruit salad, such as waldorf
_____	1/16 of 2-layer cake	_____	1/2 medium mango
_____	1/5 of 10-inch angel food cake	_____	1/4 medium papaya
_____	1/10 of 8-inch, 2-crust pie	_____	1 large kiwifruit
_____	4 small cookies	_____	4 canned apricot halves with liquid
_____	1/2 medium doughnut	_____	14 canned cherries with liquid
_____	1/2 large croissant	_____	1-1/2 canned peach halves with liquid
_____	3 rice or popcorn cakes	_____	2 canned pear halves with liquid
_____	2 cups popcorn	_____	2-1/2 canned pineapple slices with liquid
_____	12 tortilla chips	_____	3 canned plums with liquid
		_____	9 dried apricot halves
		_____	5 prunes

(over)

**LAB A8-4** (continued)

**VEGETABLES**  
(3–5 servings/day)

Your Typical Portion Size	Pyramid Serving Sizes
	<b>GENERALLY:</b>
_____	1/2 cup cooked vegetables
_____	1/2 cup chopped raw vegetables
_____	1 cup leafy raw vegetables, such as lettuce or spinach
_____	1/2 cup tomato or spaghetti sauce
_____	1/4 cup tomato paste
_____	1/2 cup cooked dry beans (if not counted as a meat alternate)
	<b>SPECIFICALLY:</b>
_____	3/4 cup vegetable juice
_____	1 cup bean soup
_____	1 cup vegetable soup
	<b>Raw vegetables:</b>
_____	1 medium tomato or 5 cherry tomatoes
_____	7 to 8 carrot or celery sticks
_____	3 broccoli florets
_____	1/3 medium cucumber
_____	10 medium whole young green onions
_____	8 green or red pepper rings
_____	13 medium radishes
_____	9 snow or sugar peas
_____	6 slices summer squash (yellow or zucchini)
_____	1 cup mixed green salad
_____	1/2 cup coleslaw or potato salad

Your Typical Portion Size	Pyramid Serving Sizes
	<b>Cooked vegetables:</b>
_____	2 spears broccoli
_____	1-1/2 whole carrots
_____	1 medium whole green or red pepper
_____	1/3 summer squash (yellow and zucchini)
_____	1 globe artichoke
_____	6 asparagus spears
_____	2 whole beets, about 2 inches in diameter
_____	4 medium brussels sprouts
_____	2 medium stalks of celery
_____	1 medium ear of corn
_____	7 medium mushrooms
_____	8 okra pods
_____	1 medium whole onion or 6 pearl onions
_____	1 medium whole turnip
_____	10 french fries
_____	1 baked potato, medium
_____	3/4 cup sweet potato

**LAB A8-4** (continued)

**MEAT, POULTRY, FISH, EGGS,  
DRY BEANS, AND NUTS**  
(2–3 servings/day)

**MILK, CHEESE, AND YOGURT**  
(2–3 servings/day)

Your Typical Portion Size	Pyramid Serving Sizes
	<b>GENERALLY:</b>
_____	2–3 ounces cooked lean meat without bone
_____	2–3 ounces cooked poultry without skin or bone
_____	2–3 ounces cooked fish without bone
_____	2–3 ounces drained canned fish
	Meat alternates (count as 1 ounce, about 1/3 serving):
_____	1 egg (yolk and white)
_____	1/2 cup cooked dry beans (if not counted as a vegetable)
_____	2 tablespoons peanut butter
_____	1/4 cup seeds
_____	1/3 cup nuts, such as walnuts, pecans, or peanuts
_____	1/2 cup baked beans
_____	1/2 cup tofu
	Meat/fish products (count as 1 ounce, about 1/3 serving):
_____	1 ounce lean ham or Canadian bacon
_____	1-1/2 frankfurters (10 per pound)
_____	1 frankfurter (8 per pound)
_____	2 ounces bologna (2 slices)
_____	3 slices dry or hard salami
_____	2 ounces liverwurst (2 large slices)
_____	3 pork sausage links
_____	5 canned vienna sausages
_____	1/2 can meat spread (5.5-ounce can)
_____	1/4 cup drained canned salmon or tuna
_____	1/3 cup drained canned clams or crab meat
_____	13 frozen fried breaded clams
_____	4 Pacific oysters or 11 Atlantic oysters
_____	4 medium fried breaded shrimp
_____	1/4 cup drained canned lobster or shrimp

Your Typical Portion Size	Pyramid Serving Sizes
	<b>GENERALLY:</b>
_____	1 cup milk (skim, lowfat, and whole)
_____	1 cup yogurt (all kinds)
_____	1-1/2 ounces natural cheese
_____	2 ounces process cheese
	<b>SPECIFICALLY:</b>
_____	2 cups cottage cheese
_____	1/2 cup ricotta cheese
_____	1 cup frozen yogurt
_____	1-1/2 cups ice cream

Sources: Quiz from What's in a portion? Tufts University Diet and Nutrition Letter, September 1994. Used with permission of the publisher. Serving size information from Shaw, A., et al. 1997. *Using the Food Guide Pyramid: A Resource for Nutrition Educators*. Center for Nutrition Policy and Promotion. U.S. Department of Agriculture (<http://www.nal.usda.gov/fnic/Fpyr/guide.pdf>; retrieved January 8, 1998).