



WELLNESS WORKSHEET 61

Portion Size Quiz and Worksheet

1. An ounce and a half of hard cheese—equivalent to 1 cup milk from the milk group—looks most like
 - a. one domino.
 - b. two dominoes.
 - c. three dominoes.
2. A half cup of cooked pasta, considered an ounce equivalent 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 1/2-cup serving of green grapes consists of how many grapes?
 - a. 10
 - b. 15
 - c. 20
5. Three ounces of beef 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 1/2-cup 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)

WELLNESS WORKSHEET 61 — continued

Review the following list of *actual* MyPyramid portion sizes and equivalents. For foods that you typically eat, write in your typical portion size and see how it compares. You may find that your typical portion size represents several servings.

BREAD, CEREAL, RICE, AND PASTA		FRUITS	
Your Typical Portion Size	1 ounce-equivalents	Your Typical Portion Size	MyPyramid Servings (1/2 cup equivalents)
	GENERALLY:		GENERALLY:
_____	1 slice of bread	_____	a small whole fruit
_____	1/2 hamburger or hot dog bun	_____	grapefruit half
_____	1/2 English muffin or small (mini) bagel	_____	melon wedge (1 medium wedge or 1/8 of a medium melon)
_____	1 small roll, biscuit, or muffin (about 1 ounce each)	_____	1/2 cup juice (100% juice)
_____	1/2 cup cooked cereal	_____	1/2 cup berries, cherries, or grapes
_____	1 cup ready-to-eat cereal flakes	_____	1/2 cup cut-up fresh fruit
_____	1/2 cup cooked pasta or rice	_____	1/2 cup cooked or canned fruit
_____	5 to 7 small crackers (saltine size)	_____	1/2 cup frozen fruit
_____	2 to 3 large crackers (graham cracker square size)	_____	1/4 cup dried fruit
	SPECIFICALLY:		SPECIFICALLY:
_____	4-inch pita bread	_____	1 small banana
_____	3 medium hard bread sticks, about 4-3/4 inches long	_____	5 large 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)	_____	16 grapes
_____	3 tablespoons uncooked rice	_____	1-1/2 medium plums
_____	1 6-inch flour or corn tortilla	_____	1 small peach
_____	2 small taco shells, corn	_____	1 small orange
_____	1 4-inch pancake	_____	2 medium apricots
_____	9 3-ring pretzels or 2 pretzel rods	_____	1 small avocado
_____	1 small piece corn bread	_____	6 melon balls
_____	4 small cookies	_____	1/2 cup fruit salad, such as Waldorf
_____	1/2 medium doughnut	_____	1/2 medium mango
_____	1/2 large croissant	_____	1/4 medium papaya
_____	3 rice or popcorn cakes	_____	1 large kiwifruit
_____	3 cups popcorn	_____	4 canned apricot halves with liquid
		_____	14 canned cherries with liquid
		_____	1-1/2 canned peach halves with liquid
		_____	2 canned pear halves with liquid
		_____	2-1/2 canned pineapple slices with liquid
		_____	3 canned plums with liquid
		_____	9 dried apricot halves
		_____	5 prunes
		_____	1 snack container applesauce or mixed fruit

(over)

VEGETABLES

Your Typical Portion Size	MyPyramid Servings (1/2 cup equivalents)	Your Typical Portion Size	MyPyramid Servings (1/2 cup equivalents)
GENERALLY:			
_____	1/2 cup cooked vegetables	_____	1 or 2 spears broccoli
_____	1/2 cup chopped raw vegetables	_____	1 medium whole green or red pepper
_____	1 cup leafy raw vegetables, such as lettuce or spinach	_____	1/3 summer squash (yellow and zucchini)
_____	1/2 cup tomato or spaghetti sauce	_____	1 globe artichoke
_____	1/4 cup tomato paste	_____	6 asparagus spears
_____	1/2 cup cooked dry beans (if not counted as a meat alternative)	_____	2 whole beets, about 2 inches in diameter
SPECIFICALLY:			
_____	1/2 cup vegetable juice	_____	4 medium brussels sprouts
_____	1 medium tomato or 5 cherry tomatoes	_____	1 small ear of corn
_____	1 medium carrot	_____	7 medium mushrooms
_____	6 baby carrots	_____	8 okra pods
_____	1 large celery stalk	_____	1 medium whole onion or 6 pearl onions
_____	1/3 medium cucumber	_____	1 medium whole turnip
_____	10 medium whole young green onions	_____	10 french fries
_____	8 green or red pepper rings	_____	1/2 baked potato, medium
_____	13 medium radishes	_____	1/2 cup sweet potato
_____	9 snow or sugar peas	_____	1/3 acorn squash
_____	6 slices summer squash (yellow or zucchini)		
_____	1 cup mixed green salad		
_____	1/2 cup coleslaw or potato salad		

(over)

**MEAT, POULTRY, FISH, EGGS,
DRY BEANS, AND NUTS**

Your Typical Portion Size	1 ounce- equivalents
------------------------------	-------------------------

GENERALLY:

- | | |
|-------|--|
| _____ | 1 ounce cooked lean meat
without bone |
| _____ | 1 ounce cooked poultry
without skin or bone |
| _____ | 1 ounce cooked fish without bone |
| _____ | 1 ounce drained canned fish |
| _____ | 1 sandwich slice of turkey |
- (1 small steak is the equivalent to 3–4 ounces;
1 small lean hamburger, 2–3 ounces; 1 small chicken
breast half, 3 ounces; 1 can tuna, 3–4 ounces;
1 salmon steak, 4–6 ounces; 1 small trout, 3 ounces)

Meat alternatives

- | | |
|-------|---|
| _____ | 1 egg (yolk and white) |
| _____ | 1/4 cup cooked dry beans (if not
counted as a vegetable) |
| _____ | 1 tablespoon peanut butter |
| _____ | 1/2 ounce seeds or nuts (12 almonds,
7 walnut halves, 24 pistachios) |
| _____ | 1/4 cup baked beans |
| _____ | 1/2 cup bean soup |
| _____ | 1/4 cup tofu |
| _____ | 1 ounce tempeh |
| _____ | 1 falafel patty |
| _____ | 2 tablespoons hummus |

MILK, CHEESE, AND YOGURT

Your Typical Portion Size	MyPyramid Servings (1 cup equivalents)
------------------------------	---

GENERALLY:

- | | |
|-------|-----------------------------|
| _____ | 1 cup milk |
| _____ | 1 cup yogurt |
| _____ | 1 cup pudding |
| _____ | 1-1/2 ounces natural cheese |
| _____ | 2 ounces process cheese |
| _____ | 1/2 cup ricotta cheese |
| _____ | 2 cups cottage cheese |

OILS

Your Typical Portion Size	1 teaspoon equivalents (4 grams)
------------------------------	-------------------------------------

- | | |
|-------|--------------------------------------|
| _____ | 1 teaspoon vegetable oil |
| _____ | 1 teaspoon soft trans-free margarine |
| _____ | 1 tablespoon low-fat mayonnaise |
| _____ | 2 tablespoons light salad dressing |
| _____ | 8 large olives |
| _____ | 1/6 medium avocado |
| _____ | 1/2 tablespoon peanut butter |
| _____ | 1/3 ounce roasted nuts |

SOURCES: Quiz from What's in a portion? 1994. *Tufts University Diet & Nutrition Letter*, September. Copyright 1994 by Tufts University Health & Nutrition Letter. Reproduced with permission of Tufts University Health & Nutrition Letter. *My Pyramid: Inside the Pyramid* (<http://mypyramid.gov/pyramid>; retrieved December 1, 2008); U.S. Department of Health and Human Services. 2005. *Dietary Guidelines for Americans, 2005* (<http://www.healthierus.gov/dietaryguidelines>; retrieved December 1, 2008).