How Much Do YOU Eat?

Use these everyday items to estimate the amount you eat.

1/2 cup of fruit juice = size of a 4 oz juice box

1 small apple = 1 cup = size of a baseball

1 cup of raw vegetables = size of a baseball

10 medium fries counts as 1/2 cup = size of a deck of cards

1 cup of milk = an 8 oz carton of milk

1 cup of yogurt = size of a baseball

1 1/2 oz. of low-fat natural cheese* = size of two 9-volt batteries

2-3 oz. of meat, poultry or fish = size of a deck of cards

1 tablespoon of peanut butter counts as 1 oz = size of one 9-volt battery

1/2 cup of beans counts as 2 oz = size of a small computer mouse

1 cup of dry cereal = 1 oz = size of a baseball

1 slice of bread counts as 1 oz = size of a CD*

1/2 cup of cooked pasta = 1 oz = size of a small computer mouse

1/2 cup of sliced fruit = size of a small computer mouse

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