

# The SMART SERVING-SIZE Guide

Use this guide to help you judge the size of a single serving of various foods.  
(Go to [www.mypyramid.gov](http://www.mypyramid.gov) to learn how many servings of each food group you need every day.)

The Food You Eat	What's One Serving?	What It Looks Like
 steak, chicken, salmon	3 ounces	 deck of cards
 peanut butter	2 tablespoons	 walnut in shell
 cold cereal	1 cup	 baseball
 pasta	1/2 cup	 half baseball
 pancake, waffle	4 1/2 inches around	 CD
 baked potato	one medium-sized	 computer mouse
 glass or carton of orange juice	3/4 cup	 6-ounce yogurt container
 French fries	1/2 cup	 one palmful
 nuts, such as cashews or almonds	1/4 cup	 golf ball
 butter	1 tablespoon	 three stamps
 soft drink	8 ounces	 small Styrofoam cup
 ice cream	1/2 cup	 half baseball