



## 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><br>(6–11 servings/day) |  | <b>FRUITS</b><br>(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<br>Portion Size | Pyramid Serving<br>Sizes   |
|------------------------------|--|
|                              | <b>GENERALLY:</b>  |
| _____                        | 1/2 cup cooked vegetables  |
| _____                        | 1/2 cup chopped raw vegetables                                   |
| _____                        | 1 cup leafy raw vegetables, such as<br>lettuce or spinach        |
| _____                        | 1/2 cup tomato or spaghetti sauce                                |
| _____                        | 1/4 cup tomato paste   |
| _____                        | 1/2 cup cooked dry beans (if not<br>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<br>or zucchini)                   |
| _____                        | 1 cup mixed green salad  |
| _____                        | 1/2 cup coleslaw or potato salad                                 |

| Your Typical<br>Portion Size | Pyramid Serving<br>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<br>zucchini)   |
| _____                        | 1 globe artichoke                            |
| _____                        | 6 asparagus spears                           |
| _____                        | 2 whole beets, about 2 inches<br>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<br>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<br>Portion Size | Pyramid Serving<br>Sizes                                     |
|------------------------------|--|
|                              | <b>GENERALLY:</b>  |
| _____                        | 2–3 ounces cooked lean meat<br>without bone                  |
| _____                        | 2–3 ounces cooked poultry<br>without skin or bone            |
| _____                        | 2–3 ounces cooked fish without bone                          |
| _____                        | 2–3 ounces drained canned fish                               |
|                              | Meat alternates (count as 1 ounce, about<br>1/3 serving):    |
| _____                        | 1 egg (yolk and white)                                       |
| _____                        | 1/2 cup cooked dry beans (if not<br>counted as a vegetable)  |
| _____                        | 2 tablespoons peanut butter                                  |
| _____                        | 1/4 cup seeds  |
| _____                        | 1/3 cup nuts, such as walnuts,<br>pecans, or peanuts         |
| _____                        | 1/2 cup baked beans  |
| _____                        | 1/2 cup tofu   |
|                              | Meat/fish products (count as 1 ounce, about<br>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<br>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<br>shrimp                  |

| Your Typical<br>Portion Size | Pyramid Serving<br>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).