

Serving Size Stumper

For each statement below, choose the common item that most resembles the serving size of the indicated food.

1. A 1 oz. serving of cheese is the size of:

- a) 2 ping pong balls
- b) an ice cube
- c) 2 stacked dice



2. 1 serving of a bagel is the size of:

- a) yo-yo
- b) CD disc
- c) saucer



3. A medium baked potato is the same size as:

- a) a woman's hand
- b) tennis ball
- c) computer mouse

4. A 3 oz serving of meat is the same size as:

- a) the sole of a woman's foot
- b) deck of cards
- c) a slice of bread



5. A ½ cup serving size of vegetables is the same size as a:

- a) tight fist
- b) softball
- c) computer mouse



6. A ½ cup serving size of pasta is the same size as:

- a) enough to fill a coffee cup
- b) 1 pair of rolled up socks
- c) ½ of a baseball

7. A 1 cup serving size of milk or yogurt is the same size as:

- a) ice cream scoop
- b) baseball
- c) grapefruit



8. A 2 tablespoon serving size of peanut butter is the same size as:

- a) golf ball
- b) an ice cube
- c) 2 stacked dice



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