

TopsyTasty

Estimate Serving Sizes With Household Objects (Or Your Hands...)

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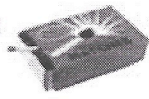






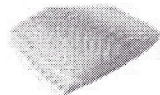







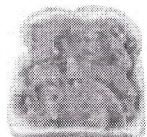




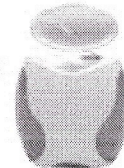
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Wanting to maintain your weight and stay healthy? Sure who doesn't. More often than not it's not so easy figuring out what serving sizes actually are in reference to certain foods. It can be rather vague and a pain to measure exactly. Instead of breaking out the scale compare food to real world objects using this handy infographic – courtesy of I'll Be Skinnier Tomorrow.

SIZE IT RIGHT

A guide (based on standards that most nutritionists follow) to what one serving should look like.

 =  steak iPod Classic	 =  cheese matchbox	 =  pancake DVD
 =  pasta ice cream scoop	 =  potato mouse	 =  fish checkbook
 =  butter postage stamp	 =  salad dressing 1-oz shot glass	 =  brown rice baseball
 =  peanut butter golf ball	 =  beans lightbulb	 =  dark chocolate dental floss

Pretty neat. Coupled with the chart (below) for using your hand to estimate your portions, you now should have everything you need to master the art of estimating serving sizes.

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

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