



**Arkansas  
Children's  
Hospital**

# Portion Sizes

Portion sizes are often misunderstood in our society of "supersizing" our meals. Here are some ways to understand portion sizes of different foods — some may surprise you!



## Vegetables

- Fist (raw)
- Tennis ball (cooked)
- (3-5 a day)



## Fruits

- Baseball or tennis ball (2-4 a day)



## Carbohydrates

- Cell phone, Baseball or computer mouse or Checkbook (fist) (6-11 a day)



## Protein

- Deck of cards (meat/poultry)
- Golf ball (peanut butter, nuts)



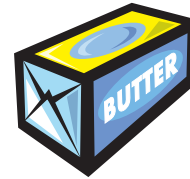
## Dairy

- Cheese (2 dominoes)
- milk, low-fat (2-3 cups a day)



## Sweets

- Glasses frames (rarely)



## Butter/Margarine

- Top half of thumb or dice (rarely)

Always check with your medical physician before changing your nutritional intake.

Consultation with a nutritionist can also be very helpful.

Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information about nutritional intake recommendations.

*For more information regarding these handouts contact:*

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