

























# 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

NIH: Portion Distortion:

<http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>

Photo: <http://atheu.utah.edu/facultystaff/a-healthier-u-35/>