

# how much is too much?

OK, so you know that size really matters when it comes to food portions, but how do you really know when your servings are too big? If you're the type of eater who goes through a box of cereal in a mere day or two (and you're not alone), then chances are you're overestimating the American Dietetic Association's recommended guidelines on serving size. Luckily, there are a variety of household hints to help you slim down your helpings without using measuring instruments or long division.

By Dina Santorelli



# Household items to help you



## **Tennis ball = Medium size fruit**

And maintain your advantage by keeping servings of fruit (a medium apple or pear, for example) also about the size of a tennis ball.



## **Baseball = Raw vegetables, salad**

You'll strike a healthy pose if you keep your raw leafy vegetables or green salad portions (approximately one cup) to the size of a baseball.



## **Racquet ball = 1 cup of ice cream**

Scream all you want, but the ADA recommends a half-cup serving of ice cream. Doubling that (you didn't hear it from us...) would mean a portion the size of a racquetball.



## **1/2 tennis ball = Dry beans or tofu**

Slice that baseball in half for your serving of dry beans or tofu.



## **1/2 tennis ball = Cooked vegetables**

Serve up cooked vegetables like a pro. Keep portions to about half a cup, which is the size of a tennis ball that's been cut in half. (For one cup, think a deck of playing cards).



## **Hockey puck = a bagel**

Calling all bagel lovers — the goal is to keep servings no bigger than a hockey puck. Period.

# slim down with your helpings



## Computer disk = Serving of cheese

Say "cheese." For one serving (1.5 ounces), picture two nine-volt batteries or four stacked dice. Or if you like your cheese by the slice, it's about the size of a 3 1/2-inch computer disk.



## Cassette tape = Meat, fish or poultry

Listen up! An audiocassette tape, about 3 ounces, is the proper size for a serving of meat, fish or poultry. For thinner cuts, use the length of your checkbook as a guide.



## Roll of film = 2 tablespoons of peanut butter

A serving of peanut butter — 2 tablespoons worth for the unimaginative — is roughly the size of a roll of film.



## Lightbulb = Cereal

And finally, that serving of cereal? We know what you can cram into your cereal bowls, poking the floaters back in after you've added your milk, but a real serving should be the size of a lightbulb or measuring halfway up the side of a standard cereal bowl.



## 4 stacked quarters = Butter

Like butter? Keep your portions to 1 teaspoon or the size of four stacked quarters.



## Golf ball = Dried fruit

A quarter cup of dried fruit, about the size of a golf ball, will help those jeans fit you to a tee.