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Knowing how to measure your food makes it easier to plan how much you should eat and drink. Controlling your food portions helps with weight loss, prevents weight gain, and keeps your blood sugars in target range.

| This serving size | Is the same size as | An example is |
|--------------------|--|--|
| One cup | Baseball  | 2 scoops of mashed potatoes  |
| Half of a cup | Palm of hand  | 1 scoop of ice cream  |
| One-third of a cup | Egg  | 4 saltine crackers  |
| Two tablespoons | Golf ball  | Spoonful of peanut butter  |
| One tablespoon | Poker chip  | Dollop of mayonnaise  |
| One teaspoon | Penny  | Pat of butter  |
| Three ounces | Deck of cards  | Small pork chop  |
| One ounce | 4 die  | 4 cubes of cheese  |

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The information provided herein is considered educational and should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A licensed medical professional should be consulted for diagnosis and treatment of any and all medical conditions. Call 911 for all medical emergencies.