


Pocket portion size guide



3 oz meat, poultry,
or fish


= ½ to ¾ cup



Large apple
or orange
1 cup ready-to-eat
breakfast cereal


= 1 cup

Fold here



2 tbsp salad
dressing, peanut
butter, margarine,
etc.

= 2 tbsp measure



Baked potato
Small/medium
fruit
Ground or
chopped food
Bagel
English muffin

= ½ to ⅔ cup
measure