On average, American adults consume 250 more calories today than they did in 1971, with the top sources of calories being from foods high in fats, oils, and added sugars. Be portion savvy to help take control of your well-being.

standard portion sizes
It’s easy to overestimate what is considered a “portion.” To make controlling portions easier, use this guide below. All portions are approximate.

- **BASEBALL**
  - equals
  - one serving of leafy greens, fruit or vegetables (1 cup)

- **PALM OF HAND**
  - equals
  - one serving of meat, fish or poultry (4 oz)

- **TIP OF THUMB**
  - equals
  - one serving of olive oil, dressing or butter (1 tbsp)

- **TENNIS BALL**
  - equals
  - one serving of cooked starch such as beans, rice or other grain (½ cup)

- **DVD**
  - equals
  - one pancake or 1 oz lunch meat

- **FOUR DICE**
  - equals
  - one serving of cheese (1 ½ oz)

- **LIGHT BULB**
  - equals
  - one serving of beans (½ cup)

- **GOLF BALL**
  - equals
  - one serving of nut butter, hummus or other spreads (2 tbsp)

- **COMPUTER MOUSE**
  - equals
  - one serving of baked sweet or white potato

servings per day
The number of servings that you should consume each day are individualized. To determine a daily food plan for yourself or to track your diet and physical activity, visit choosemyplate.gov/supertracker-tools.html.