

Keeping tabs on the amount of food you eat can go a long way to minding how much you consume.

Here are some visual tricks to help you.



Eyeball it

Use everyday objects as a guide when dishing up food.

One serving looks like...



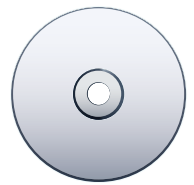
Lean protein (pork tenderloin, chicken, etc.)



Deck of cards



Lunch meat or pancake



DVD



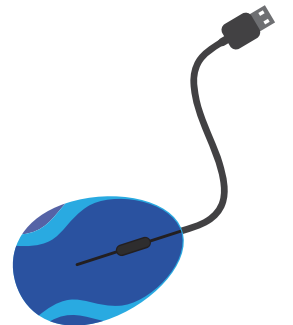
Fish



Checkbook



Sweet potatoes



Computer mouse



Cereal, pasta, rice or other grains



Baseball



Butter



Your fingertip



Nuts, dried fruit, hummus or peanut butter



Golf ball



Hard cheese



Three dice

► For more information, visit www.CardioSmart.org/Portions.

CardioSmart is sponsored in part by The Coca-Cola Company.

Please consult your health care provider about your specific health needs.