

Standard Serving Sizes



Dairy

Food Item	Serving Size	Compare to
Yogurt/Cottage Cheese	8 oz. or 1 cup	Tennis ball
Cheese	1.5-2 oz.	Two dominos pieces
Ice cream	4 oz. or 1/2 cup	1/2 baseball

Meat/Protein

Food Item	Serving Size	Compare to
Chicken, fish or other meat	3 oz.	A deck of playing cards
Peanut Butter	2 Tbsp.	One golf ball
Egg	1 whole or (3 oz scrambled)	
Beans	1/2 cup	1/2 baseball

Grains

Food Item	Serving Size	Compare to
Potato	1 medium baked or 1/2 cup	A computer mouse or a small fist
Rice	1/2 cup	A cupcake wrapper
Pasta (alone)	4 oz. or 1/2 cup	A computer mouse or a small fist
Cereal	3/4 c. (except granola-1/2 c.)	1/2 a soup bowl
Hot Cereal	1 c.	A baseball

Salads

Food Item	Serving Size	Compare to
Specialty salad of the week	3 oz. (side) or 8 oz. (entrée)	3 oz.-fills bowl. 8 oz.-fills 9" plate

Vegetables

Food Item	Serving Size	Compare to
Raw	1 cup or medium-sized	A baseball
Steamed	1/2 Cup	Bulb part of a light bulb
Stir-fry	6 oz.	Fills 1/2 of 9" plate

Fruit

Food Item	Serving Size	Compare to
Canned	1/2 cup	Bulb part of a light bulb
Raw	Medium-sized	A baseball

Misc.

Food Item	Serving Size	Compare to
Wraps and prepared sandwiches	1 portion/sandwich, as prepared	
French fries/Potato wedges	3 oz.	Bar of soap or 1/4 of 9" plate
Soup	6 oz.	1 soup bowl
Casserole, mixed entrée or blended pasta	8 oz. or 1 cup	A baseball
Salad dressing	2 Tbsp.	One golf ball

Beverages

Food Item	Serving Size	Compare to
Pop, milk	8 oz. or 1 cup	Fills dining room glass to 1" from the top
Hot beverage	4 oz.	Fills dining room coffee cup
Juice	6 oz. or 3/4 cup	Fills dining room glass 2/3 full

*Dining services works our best to serve the standardized portions; however, occasionally portion sizes may vary slightly.