

## 12 Easy Ways to Estimate Serving Sizes

By: The editors of Men's Health

How large is 3 ounces of steak? What about an ounce of cheese or half a cup of spaghetti? Doling out food [portions](#) for a recipe or a [diet plan](#) is always a crapshoot—it's hard to tell 3 ounces from 10. Worse, we simply shovel down our chow until our plates are empty and it's time to leave the table. To help you monitor how much food you put in your mouth, a team of nutritionists helped *Men's Health* compile a dozen easy conversions for standard servings. Just keep in mind that nutritional information will vary by brand and type of food.



### Beef

**Food [portion](#):** 3 oz beef

**Nutritional info:** 219 cal, 13 g fat

**Same size as:** Deck of cards



## Mozzarella

Food [portion](#): 1 oz mozzarella

Nutritional info: 80 cal, 6 g fat

Same size as: Ping-Pong ball

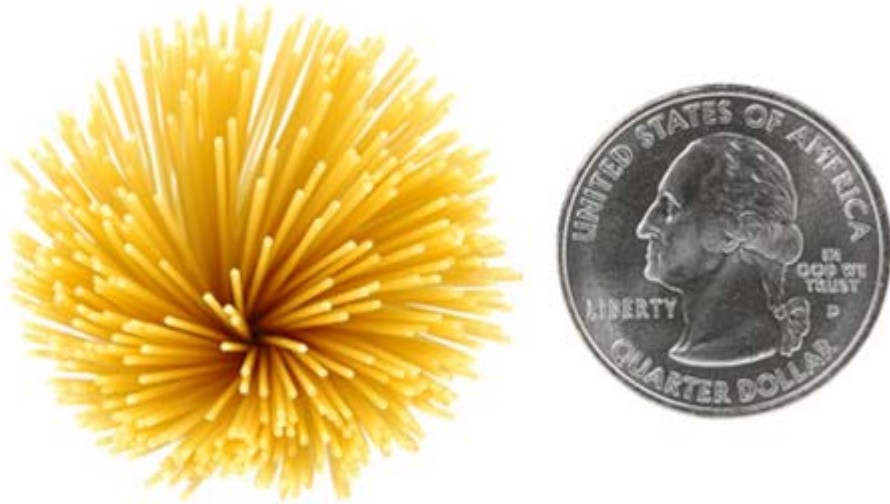


## Lasagna

Food [portion](#): 8 oz lasagna

Nutritional info: 270 cal, 8 g fat

Same size as: Two hockey pucks



## Dry Spaghetti

Food [portion](#): 4 oz dry spaghetti

Nutritional info: 422 cal, 2 g fat

Same size as: The diameter of a quarter (when held tightly together and viewed from the end)



## Blue-Cheese Dressing

Food [portion](#): 2 Tbsp blue-cheese dressing

**Nutritional info:** 154 cal, 16 g fat

**Same size as:** Golf ball



## Chicken Soup

Food [portion](#): 1 cup chicken-noodle soup

Nutritional info: 175 cal, 6 g fat

Same size as: Baseball



## Ice Cream

Food [portion](#): 1/2 cup ice cream

Nutritional info: 143 cal, 7 g fat

Same size as: Tennis ball



## Cooked Spaghetti

Food [portion](#): 1/2 cup cooked spaghetti

Nutritional info: 99 cal, 1 g fat

Same size as: Fist



## Swiss Cheese

Food [portion](#): 1 oz cubed Swiss cheese    Nutritional info: 107 cal, 8 g fat    Same size as: Four dice



## Mashed Potatoes

Food [portion](#): 1/2 cup mashed potatoes

Nutritional info: 112 cal, 5 g fat

Same size as: Half an apple



## Butter

Food [portion](#): 1 tsp butter

Nutritional info: 34 cal, 4 g fat

Same size as: Tip of thumb



## Sausage

Food [portion](#): 1 oz sausage link

**Nutritional info:** 54 cal, 5 g fat

**Same size as:** Shotgun shell