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
- Fish
  - Checkbook
- Cereal, pasta, rice or other grains
  - Baseball
- Nuts, dried fruit, hummus or peanut butter
  - Golf ball
- Lunch meat or pancake
  - DVD
- Sweet potatoes
  - Computer mouse
- Hard cheese
  - Three dice
- Butter
  - Your fingertip

For more information, visit [www.CardioSmart.org/Portions](http://www.CardioSmart.org/Portions).