

Surprising Serving Sizes

Dr. Susan's Kids-Only Weight Loss Guide has many guidelines for healthy serving sizes and portions for your child (and for you!) Here are the Top Ten most important serving sizes from the book to keep your child healthy.

#1 A serving of cooked pasta is equal to an adult or teen's closed fist or a child's slightly open fist or a baseball (about a cup).

#2 A serving of cold cereal is about two handfuls (about a cup). Here's a smart tip...If your child uses the same bowl every morning then after measuring for a few mornings in a row, he or she will know how much to pour without measuring.

#3 A serving of peanut butter is the size of a golf or ping pong ball (about two tablespoons).

#4 A serving of a waffle or pancake is equal to a CD (in circumference, not depth).

#5 A serving of a burger is the size of the palm of a woman's hand.

#6 A serving slice of pizza is one slice (1/8 of a pie)

#7 A serving size of ice cream is one scoop (about $\frac{1}{2}$ a cup).

#8 A serving of juice or soda is one cup.

#9 A serving of French fries is ten fries (yes, that's TEN!).

#10 A serving of cheese is the size of an index card or one string cheese.