



Wheat Foods Council

How much is a Serving Size? That's a question we hear a lot. So we've come up with this handy visual guide to give you a little perspective on what those sizes look like.



1 oz Peanut Butter



1 oz of cheese



1/2 cup pasta



3 oz fish



3 oz meat



1 medium piece of fruit



1 slice of bread

Portion Control Guide

Find out more @ wheatfoods.org

