

# Portion Control Quiz

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Test your dieting IQ here!

Think you know your stuff when it comes to portion control? Test your knowledge on sizing up servings with our portion control quiz. The Answers are the bottom, don't cheat, answer all the questions before looking.

1. A standard serving of potato chips is **1 ounce**. How many chips is that?

Choose Your Response:

- 10
- 20

2. A **serving of meat** is about the size of...

Choose Your Response:

- A computer mouse.
- A deck of cards.

3. A serving of \_\_\_\_\_ is about the size of a computer mouse.

Choose Your Response:

- Potato
- Pasta

4. A **serving of pasta** is about the size of a...

Choose Your Response:

- Softball.
- Scoop of ice cream.

5. A **serving of most breakfast cereals** is \_\_\_\_\_.

Choose Your Response:

- One cup.
- Half cup.

Thanks for taking our portion control quiz! Good luck with your weight loss efforts.

Answers:

1. Correct Answer 10.

No one can eat just one, but you know when to say when! Easy ways to stick to a serving is to buy single serving bags or divvy up a large bag into single serving bags and never, ever eat directly from the bag!

2. Correct Answer – A deck of cards.

You know how to play your cards right. A standard serving of beef, poultry or fish should be the size of a deck of playing cards. That's about three ounces, the recommended serving size from the USDA.

3. Correct Answer – Potato.

A portion-controlled baked potato should be about the size of your computer's mouse. Not only should you keep tabs on this side's size, you should also be careful about what you top that 'tater with ... toppings like regular sour cream and melted cheese can add hundreds of calories and push fat content well into the double digits.

4. Correct Answer: Scoop of ice cream.

Boy, you sure know your stuff when it comes to portion control! Just remember what's on top of that pasta matters too, red sauces are low-fat while cream sauces are richer and more fattening.

5. Correct Answer: half cup.

That answer is grrrr-eat! 1/2 cup is the standard serving size on most cereals. Check the nutrition information on your favorite to make sure.