

Portion Sizes and School-Age Children

Portion Distortion

This list shows the size of a portion you may choose or be served when eating out. They are **NOT** recommendations. This chart compares these portions to Pyramid servings, so that you can judge how they might fit into your overall daily eating plan.

Food	Sample portion you receive	Compare to Pyramid serving size	Approximate Pyramid servings in this portion
Grains Group			
Bagel	1 bagel 4½" in diameter/4 oz.	½ bagel 3" in diameter/1 oz.	4
Muffin	1 muffin 3½" in diameter/4 oz.	1 muffin 2½" in diameter/1½ oz.	3
English muffin	1 whole muffin	½ muffin	2
Sweet roll or cinnamon bun	1 large from bakery - 6 oz.	1 small - 1½ oz.	4
Pancakes	4 pancakes 5" in diameter - 10 oz.	1 pancake 4" in diameter - 1½ oz.	6
Burrito-sized flour tortilla	1 tortilla 9" in diameter - 2 oz.	1 tortilla 7" in diameter - 1 oz.	2
Individual bag of tortilla chips	1¾ oz.	12 tortilla chips - ¾ oz.	2
Popcorn	16 cups - movie theatre medium	2 cups	8
Hamburger bun	1 bun	½ bun	2
Spaghetti	2 cups (cooked)	½ cup (cooked)	4
Rice	1 cup (cooked)	½ cup (cooked)	2
Vegetable Group			
Baked potato	1 large - 7 oz.	1 small - 2¼ oz.	3
French fries	1 medium order - 4 oz.	½ cup (10 fries) - 1 oz.	4
Meat and Beans Group			
Broiled chicken breast	6 oz.	2 to 3 oz.	2
Fried chicken	3 pieces - 7 to 8 oz.	2 to 3 oz.	3
Broiled fish	6 to 9 oz.	2 to 3 oz.	3
Sirloin steak	8 oz. - cooked, trimmed	2 to 3 oz.	3
Porterhouse steak or prime rib	13 oz. - cooked, trimmed	2 to 3 oz.	5
Ham or roast beef in deli sandwich	5 oz.	2 to 3 oz.	2
Tuna salad in deli sandwich	6 oz.	2 to 3 oz.	2