

一份食品到底有多少？

WHAT DOES A SERVING SIZE LOOK LIKE?

- 1盎司麵包=1個CD盒

1 oz. bread = CD case



- 1份中等量水果=1個網球

1 medium fruit = tennis ball



- 1盎司芝士=2粒骰子

1 oz. cheese = 2 dice



- 3盎司肉類、魚類或禽類=

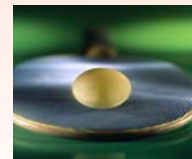
1盒卡式磁帶

3 oz. meat, fish or Poultry = cassette tape



- 2湯匙花生醬=1個乒乓球

2 Tbsp. peanut butter = ping-pong ball



- 1/2杯煮熟的麵食=1個電腦滑鼠

1/2 cup cooked pasta = computer mouse

