

portion distortion quiz



Find out if you are dishing out too much food with this portion quiz. Select the answer that you think is the correct portion from each scenario.

1. Which of the following is ONE serving of grains?

- 1/2 cup cooked rice or pasta
- 1 cup cooked rice or pasta
- 1 small (3-4 inch) bagel
- 1 (4 ounce) muffin
- 2 (4 inch) pancakes

2. How big is one serving of peanut butter?

- 1 teaspoon
- 2 teaspoons
- 1 tablespoon
- 2 tablespoons

3. How many ounces are in one serving of meat (chicken, beef, pork, etc.)?

- 3 ounces
- 4 ounces (quarter pound)
- 6 ounces
- 8 ounces (half pound)

4. Which of the following objects is comparable to the size of one meat serving?

- Bar of soap
- Index card
- Deck of playing cards
- Stack of business cards

5. How big is one serving of cooked legumes (beans, lentils, etc.)?

- 1/4 cup
- 1/2 cup
- 3/4 cup
- 1 cup

6. How many servings of fruit should an adult aim for each day?

- 1-2 servings
- 2-5 servings
- 5-9 servings



7. How many servings of vegetables should an adult aim for each day?

- 1-2 servings
- 2-5 servings
- 5-9 servings

8. How big is one serving of dried fruit?

- 2 tablespoons
- 1/4 cup
- 1/2 cup
- 12 ounces

9. How many ounces are in one serving of fruit juice?

- 4 ounces
- 6 ounces
- 8 ounces
- 12 ounces

10. Which of the following represents one fruit serving?

- A - One medium orange or apple
- B - One jumbo orange or apple
- C - One cup of juice
- D - Half a grapefruit
- All of the Above
- Both A and D

11. One serving of cheese is about the size of

- a golf ball
- 4 dice
- a tea bag
- an egg



12. Which of the following represents one serving of vegetables?

- A - 1 cup of salad or lettuce
- B - 1/2 cup of corn or cooked vegetables
- C - 1 small potato
- D - 1 cup of baby carrots
- All of the above
- A and B only

13. Which of the following 9-inch dinner plates is properly divided?

- Fill 1/2 the plate of fruits and/or vegetables, 1/4 of the plate with protein-rich foods, and 1/4 of the plate with grains.
- Fill the plate with equal portions (1/3 each) of fruits and/or vegetables, protein, and grains.
- Fill 1/2 the plate with whole grains, 1/4 of the plate with protein, and 1/4 of the plate with vegetables.
- Fill most of the plate with vegetables, and only a small fraction with grains and/or protein.

