



# Serving Sizes & Measurements



## Why measuring is important:

- Helps with portion control
- You know exactly how many calories, protein, & carbs a food has
- You can standardize recipes
- A tablespoon is not the same as a teaspoon

## Measuring Cups

1 cup	=	8 oz
1/2 cup	=	4 oz
1/3 cup	=	2.66 oz
1/4 cup	=	2 oz

## Measuring Spoons

1 Tablespoon	=	15 ml
1 Teaspoon	=	5ml
1/4 Teaspoon	=	1.25 ml

## Tips to Remember:

- Make sure you level your measurement:
  - Avoid under or over measuring
- Notice the difference between a tablespoon and a teaspoon
  - \*A tablespoon is 3 times the size of a teaspoon!
- When measuring with a liquid measuring cup:
  - Check the line at eye level for a correct measurement



\*This is an example of looking at a liquid measuring cup at eye level

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