



Finding Balance—Home Measurement Activity

Common Kitchen Measures

1 cup = 8 fluid ounces (fl oz)
3/4 cup = 6 fl oz
2/3 cup = 5 1/3 fl oz
1/2 cup = 4 fl oz
1/3 cup = 2 2/3 fl oz
1/4 cup = 2 fl oz
1/8 cup = 1 fl oz

How Much is 1 Serving?

Milk: 8 oz = 1 cup
Juice: 8 oz = 1 cup
Soda: 12 oz = 1 1/2 cups
Coffee/Tea: 6 oz = 3/4 cup
Wine: 5 oz = ~2/3 cup
Beer: 12 oz = 1 1/2 cups

Activity:

—Find out how much you are *actually* drinking in everyday glassware you use at home.

1. Fill your favorite drinking glasses or cups with water to the level you normally do for some or all of the beverages listed below.
2. Pour the water into a common liquid measuring cup and record the volume in ounces on the lines provided.

Milk = _____ ounces

Juice = _____ ounces

Soda = _____ ounces

Wine = _____ ounces

Coffee/Tea = _____ ounces

Beer = _____ ounces

3. Using the “How Much is 1 Serving?” chart above, compare the amount you are typically drinking to the recommended serving size for each beverage .
4. Are there beverages that you are regularly drinking *more* or *less* than what is considered a ‘serving’ ? Which ones and by how much?

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