Finding Balance—Home Measurement Activity

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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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

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