

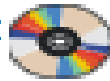
SERVING SIZE CARD:


Cut out and fold on the dotted line. Laminate for longtime use.

1 Serving Looks Like . . .

GRAIN PRODUCTS

1 cup of cereal flakes = fist 

1 pancake = compact disc 

$\frac{1}{2}$ cup of cooked rice, pasta, or potato = $\frac{1}{2}$ baseball 

 1 slice of bread = cassette tape

1 piece of cornbread = bar of soap 


1 Serving Looks Like . . .

VEGETABLES AND FRUIT

1 cup of salad greens = baseball 

 1 baked potato = fist


1 med. fruit = baseball

$\frac{1}{2}$ cup of fresh fruit = $\frac{1}{2}$ baseball 

 $\frac{1}{4}$ cup of raisins = large egg

1 Serving Looks Like . . .

DAIRY AND CHEESE

 $1\frac{1}{2}$ oz. cheese = 4 stacked dice or 2 cheese slices


$\frac{1}{2}$ cup of ice cream = $\frac{1}{2}$ baseball 

FATS


1 tsp. margarine or spreads = 1 dice 

1 Serving Looks Like . . .

MEAT AND ALTERNATIVES

3 oz. meat, fish, and poultry = deck of cards 

3 oz. grilled/baked fish = checkbook 

 2 Tbsp. peanut butter = ping pong ball