

SERVING SIZE CARD:

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

1 Serving Looks Like ...	1 Serving Looks Like ...
<p>GRAIN PRODUCTS</p> <p>1 cup of cereal flakes = fist </p> <p>1 pancake = compact disc </p> <p>½ cup of cooked rice, pasta, or potato = ½ baseball </p> <p> 1 slice of bread = cassette tape</p> <p>1 piece of cornbread = bar of soap </p>	<p>VEGETABLES AND FRUIT</p> <p>1 cup of salad greens = baseball </p> <p> 1 baked potato = fist</p> <p>1 med. fruit = baseball </p> <p>½ cup of fresh fruit = ½ baseball </p> <p> ¼ cup of raisins = large egg</p>
1 Serving Looks Like ...	1 Serving Looks Like ...
<p>DAIRY AND CHEESE</p> <p> 1½ oz. cheese = 4 stacked dice or 2 cheese slices</p> <p>½ cup of ice cream = ½ baseball </p> <p>FATS</p> <p>1 tsp. margarine or spreads = 1 dice </p>	<p>MEAT AND ALTERNATIVES</p> <p>3 oz. meat, fish, and poultry = deck of cards </p> <p>3 oz. grilled/baked fish = checkbook </p> <p> 2 Tbsp. peanut butter = ping pong ball</p>

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