#### SERVING SIZE CARD:

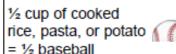
Cut out and fold on the dotted line. Laminate for longtime use.

#### 1 Serving Looks Like . . .

## **GRAIN PRODUCTS**

1 cup of cereal flakes = fist

1 pancake = compact 🥾 disc





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



baked potato = fist

1 med. fruit = baseball

1/2 cup of fresh fruit = 1/2 baseball



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

1/2 cup of ice cream ( = ½ 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

#### SERVING SIZE CARD:

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

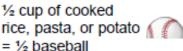
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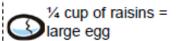


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