

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  ½ cup of cooked rice, pasta, or potato = ½ 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 ½ cup of fresh fruit = ½ baseball   ¼ cup of raisins = large egg
1 Serving Looks Like . . . DAIRY AND CHEESE  1½ oz. cheese = 4 stacked dice or 2 cheese slices ½ 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