














# Serving Size Card

GRAIN PRODUCTS	FRUIT
<p>1 cup of cereal flakes = fist </p> <p>1 pancake = compact disc </p> <p>1/2 cup of cooked rice, pasta, or potato = 1/2 baseball </p> <p>1 slice of bread = cassette tape </p> <p>1 piece of cornbread = bar of soap </p>	<p>1 med. fruit = baseball </p> <p>1/2 cup of fresh fruit = 1/2 baseball </p> <p>1/4 cup of raisins = large egg </p>
<b>VEGETABLES</b>	
	<p>1 cup of salad greens = baseball </p> <p>1 baked potato = fist </p>
DAIRY AND CHEESE	PROTEIN
<p>1 1/2 oz. cheese = 4 stacked dice </p> <p>or</p> <p>2 cheese slices = 2 dominos </p> <p>1/2 cup of ice cream = 1/2 baseball </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>
<b>FATS</b>	
<p>1 tsp. margarine or spreads = 1 dice </p>	