

SERVING SIZE CARD:

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

1 Serving Looks Like . . .	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	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 . . .	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	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