

**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



1/2 cup of cooked rice, pasta, or potato = 1/2 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

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



1/4 cup of raisins = large egg

**1 Serving Looks Like . . .**

**DAIRY AND CHEESE**



1 1/2 oz. cheese = 4 stacked dice or 2 cheese slices

1/2 cup of ice cream = 1/2 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