

1 Serving Looks Like . . .

GRAIN PRODUCTS



1 cup of cereal flakes = fist

1 pancake = compact disc



$\frac{1}{2}$ cup of cooked rice, pasta, or potato = $\frac{1}{2}$ baseball



1 slice of bread = cassette tape

1 piece of cornbread = bar of soap



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VEGETABLES AND FRUIT

1 cup of salad greens = baseball



1 baked potato = fist

1 med. fruit = baseball

$\frac{1}{2}$ cup of fresh fruit = $\frac{1}{2}$ baseball



$\frac{1}{4}$ cup of raisins = large egg

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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 die



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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

