

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



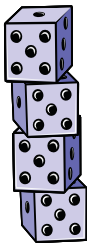
1 slice of bread = cassette tape

1 piece of cornbread = bar of soap



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DAIRY AND CHEESE



1 $\frac{1}{2}$ oz. cheese = 4 stacked dice or 2 cheese slices

$\frac{1}{2}$ cup of ice cream = $\frac{1}{2}$ baseball



FATS

1 tsp. margarine or spreads = 1 dice



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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

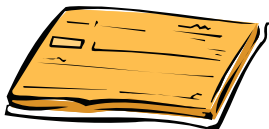
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MEAT AND ALTERNATIVES

3 oz. meat, fish, and poultry = deck of cards



3 oz. grilled/baked fish = checkbook



2 Tbsp. peanut butter = ping pong ball