SERVING SIZE CARD:

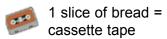
Cut out and fold on the dotted line. Laminate for longtime use.

1 Serving Looks Like . . .

GRAIN PRODUCTS



½ cup of cooked rice, pasta, or potato
= ½ baseball



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

½ cup of fresh fruit = ½ baseball



1/4 cup of raisins = large egg

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

1 Serving Looks Like . . .

MEAT AND ALTERNATIVES

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



3 oz. grilled/baked fish = checkbook

