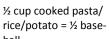
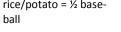
1 Serving Looks Like... **GRAINS**

1 cup of cereal flakes = fist



1 pancake = compact disc







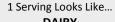
1 slice of bread = cassette tape

1 piece of cornbread = bar of soap



Bagel or dinner roll =

can of tuna





½ cup ice cream = 1/2 baseball

1½ oz cheese = 4 stacked dice or 2 slices



FATS & OILS



1 tsp. margarine or spreads = quarter

1tsp. oil = quarter

1 Serving Looks Like...

VEGETABLES & FRUITS

1 cup of salad greens = baseball



1 baked potato = fist

1 med. Fruit = tennis ball





½ cup fresh fruit = ½ baseball

1/4 cup of raisins = large egg





3 oz meat/fish/poultry = deck of cards

2 Tbsp. peanut butter = ping pong ball





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