







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

1 cup of cereal flakes = fist   
 1 pancake = compact disc


½ cup cooked pasta/  
rice/potato = ½ base-  
ball 


 1 slice of bread =  
cassette tape


1 piece of cornbread =  
bar of soap 


 Bagel or dinner roll =  
can of tuna


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


¼ cup of raisins =  
large egg 


1 Serving Looks Like...  
**DAIRY**

 ½ cup ice cream  
= ½ baseball


1½ oz cheese = 4  
stacked dice or 2 slices 

1 Serving Looks Like...  
**PROTEINS**

 3 oz meat/fish/poultry  
= deck of cards

2 Tbsp. peanut butter  
= ping pong ball 

**FATS & OILS**

 1 tsp. margarine or  
spreads = quarter

1 tsp. oil = quarter