

















One Serving Looks Like...

Grain Products		Vegetable and Fruit	
1 cup of cereal flakes	 Fist	1 cup of salad greens	 baseball
1 pancake	 Compact Disc	1 baked potato	 Fist
1/2 Cup of cooked rice, pasta, or potato	 1/2 baseball	1 medium fruit	 baseball
1 slice of bread	 Cassette Tape	1/2 cup of fresh fruit	 1/2 baseball
1 piece of cornbread	 Bar of soap	1/4 cup of rasins	 large egg
Dairy and Cheese		Meats and Alternatives	
1 1/2 oz. cheese	 4 stacked dice	3 oz. meat, fish, and poultry	 deck of cards
1/2 cup of ice cream	 1/2 baseball	3 oz. grilled/baked fish	 checkbook
1 tsp. margarine or spreads	 1 die	2 Tbsp. peanut butter	 ping pong ball