

















VISUAL CUES FOR PORTION SIZES

1 Serving Looks Like...

| GRAIN PRODUCTS | VEGETABLES AND FRUIT | DAIRY AND CHEESE | MEAT AND ALTERNATIVES |
|--|--|--|--|
| <p>1 cup of cereal flakes = fist</p>  | <p>1 cup of salad greens = baseball</p>  | <p>1 1/2 oz. cheese = 4 stacked dice or 2 cheese slices</p>  | <p>3 oz. meat, fish, and poultry = deck of cards</p>  |
| <p>1 pancake = compact disc</p>  | <p>1 baked potato = fist</p>  | <p>1/2 cup of ice cream = 1/2 baseball</p>  | <p>3 oz. grilled/baked fish = checkbook</p>  |
| <p>1/2 cup of cooked rice, pasta, or potato = 1/2 baseball</p>  | <p>1 medium fruit = baseball</p>  | <p>FATS</p> | |
| <p>1 slice of bread = cassette tape</p>  | <p>1/2 cup of fresh fruit = 1/2 baseball</p>  | <p>1 tsp. margarine or spreads = 1 die</p>  | <p>2 Tbsp. peanut butter = ping pong ball</p>  |
| <p>1 piece of cornbread = bar of soap</p>  | <p>1/4 cup of raisins = large egg</p>  | | |