**Serving Size Card:**
Cut out and fold on the dotted line. Laminate for longtime use.

### Grain Products
- 1 cup of cereal flakes = fist
- 1 pancake = compact disc
- ½ cup of cooked rice, pasta, or potato = ½ baseball
- 1 slice of bread = cassette tape
- 1 piece of cornbread = bar of soap

### Vegetables and Fruit
- 1 cup of salad greens = baseball
- 1 baked potato = fist
- 1 med. fruit = baseball
- ½ cup of fresh fruit = ½ baseball
- ¼ cup of raisins = large egg

### Dairy and Cheese
- 1½ oz. cheese = 4 stacked dice or 2 cheese slices
- ½ cup of ice cream = ½ baseball

### Meat and Alternatives
- 3 oz. meat, fish, and poultry = deck of cards
- 3 oz. grilled/baked fish = checkbook

### Fats
- 1 tsp. margarine or spreads = 1 dice
- 2 Tbsp. peanut butter = ping pong ball