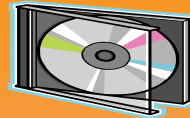


## WHAT DOES A SERVING SIZE LOOK LIKE?

- 1 oz. bread = CD case



- 1 medium fruit = tennis ball



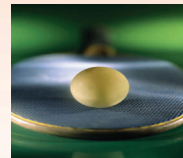
- 1 oz. cheese = 2 dice



- 3 oz. meat, fish or  
Poultry = cassette tape



- 2 Tbsp. peanut butter =  
ping-pong ball



- 1/2 cup cooked pasta =  
computer mouse

