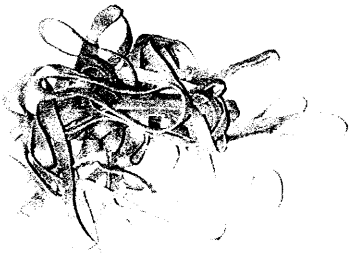
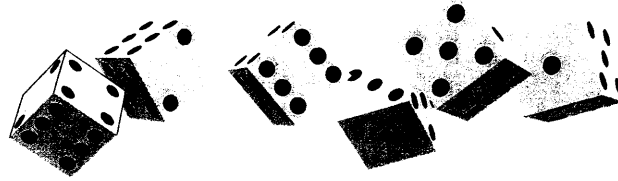


Proper Serving Sizes

Sometimes it's easier to remember proper serving sizes if you compare your food to every day objects...



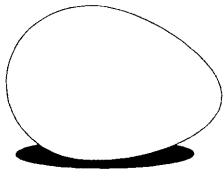
½ c pasta = handful of rubber bands



1 ½ oz cheese = 6 dice



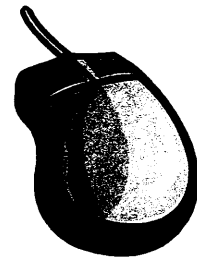
Deck of cards = 3 oz meat



1 muffin = large egg



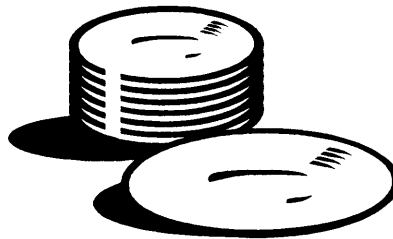
Golfball = 2 Tbsp peanutbutter or avocado



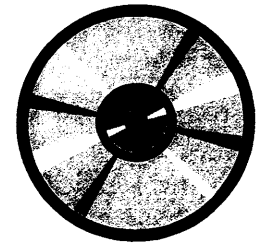
Small baked potato = computer mouse



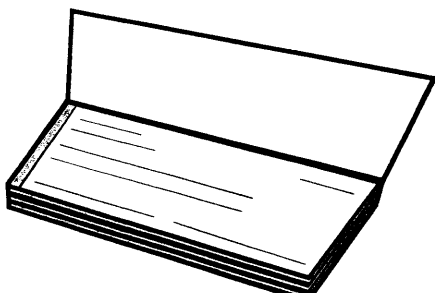
Baseball = 1 serving of fruit



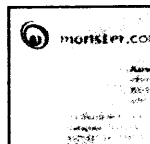
6" plate = 1 tortilla



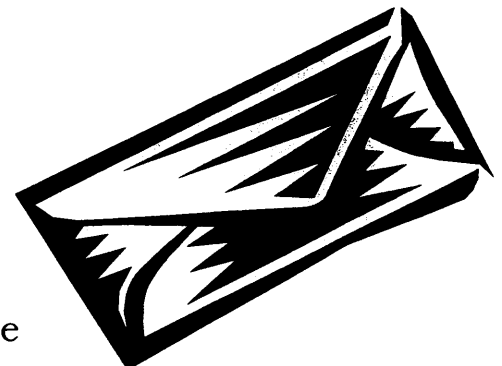
CD = 1 slice bread, waffle, or pancake



Checkbook = 3 oz thin fish



½ business card = 1 brownie



Legal sized envelope = 1 slice of pizza