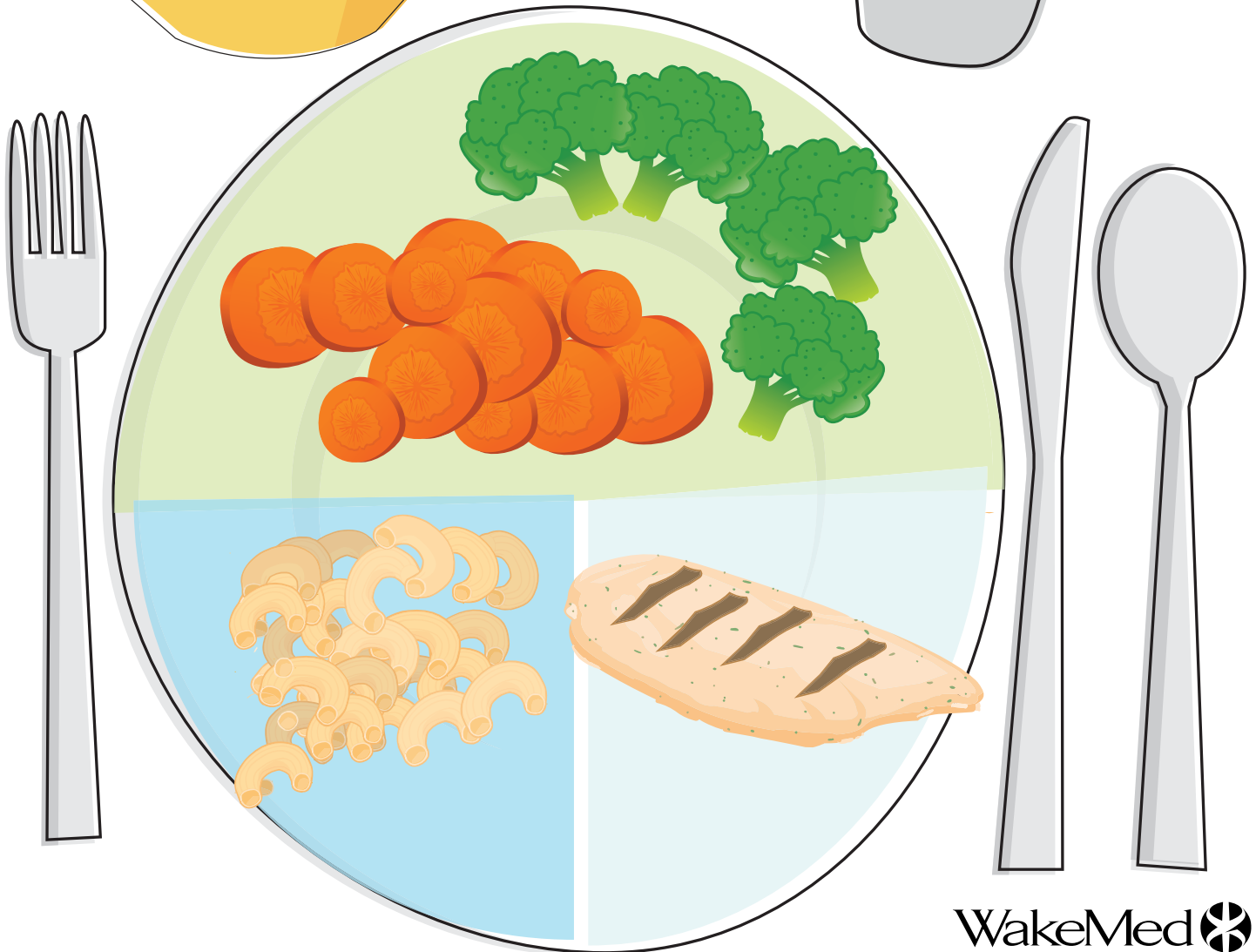
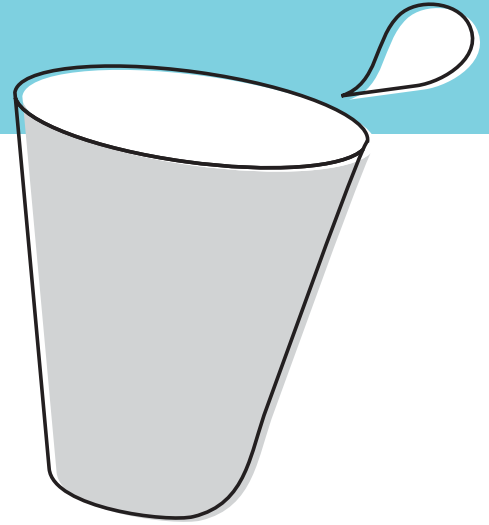


portion plate

- 1/2 of your plate should be **vegetables**
- 1/4 of your plate should be **starch**
- 1/4 of your plate should be **lean meats or protein**



What Does A Serving Size Look Like?

fruit = 

1 fruit serving = tennis ball

cheese =

1.5 oz. cheese = 4 stacked dice



cereal =

1 cup cereal = a fist



ice cream =

1/2 cup ice cream = 1 scoop



meat =



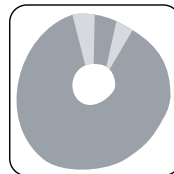
3 oz. meat = deck of cards or computer mouse

peanut butter = 

2 Tbsp. peanut butter = a ping pong ball

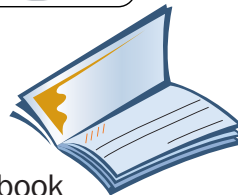
bread =

1 oz. bread = CD case



fish =

3 oz. fish = a checkbook



rice, pasta, potatoes =

1 cup of rice, pasta or potatoes = baseball

