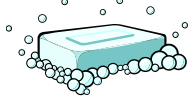


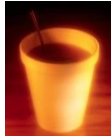
Common Portion Sizes

Rice, pasta, couscous - is the size of a tennis ball or ice cream scoop



Cornbread/cake - is the size of a bar of soap

Salad greens - is the size of a baseball



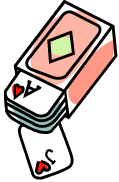
Tomato/Fruit juice - is the size of a small Styrofoam cup

Cooked vegetables - is the size of a scoop of ice cream



Grapes/Fresh cut-up fruit - is the size of a light bulb

Medium size fruit - is the size of a tennis ball



1 tablespoon peanut butter - is the size of a ping pong ball

Cooked meat, fish, poultry - is the size of a deck of cards or a cassette tape

2 oz cheese - is the size of a 9-volt battery or 3 dominoes



1 oz cheese - is the size of a pair of dice

Ice cream - is the size of a large scoop the size of a baseball



Salad dressing - is the size of a ping pong ball



Nuts – one handful



2 tablespoons peanut butter – the size of 2 thumbs