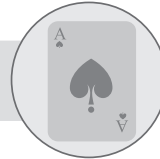


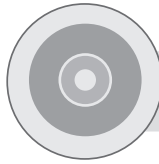
# PORTION SIZES

## Visual Portions

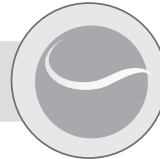
Meat (3 oz.) = Deck of cards



Pancake (1) = CD



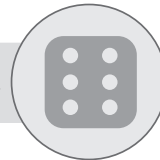
Rice (1 cup) = Tennis ball



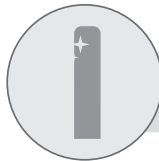
Pasta-cooked (1 cup) = Baseball



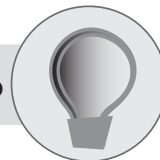
Peanut butter, 1 tbsp = One die



Cheese (1 oz.) = Lipstick tube



Medium or cut fruit = Lightbulb



Baked potato = Computer mouse

