



Easy Portion Guide

Meat, Chicken & Fish

3 ounces = 1 deck of cards



Peanut Butter or Salad Dressing

1 to 2 tablespoons = 1 to 2 checkers



Potato, Rice or Pasta

1/2 cup = 1 computer mouse



Butter, Margarine or Mayonnaise

1 to 2 tablespoons = 1 to 2 dice



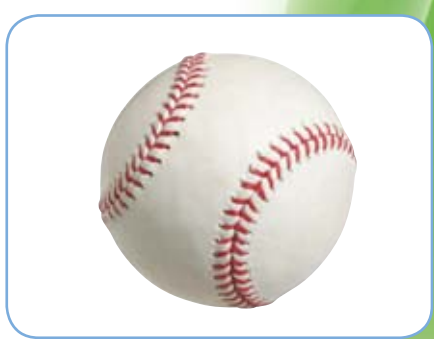
Cheese or Lunchmeat

1 ounce = 1 floppy disk



Fruit

1 medium piece = 1 baseball



Cooked Vegetables

1/2 cup = 1 light bulb



Salad

1 to 2 cups = 1 to 2 hands



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