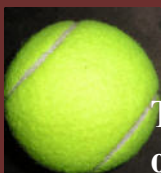
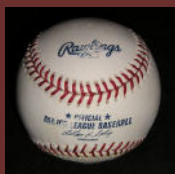


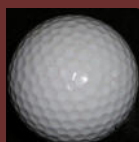
Portion Size Reminder

Baseball = 1 cup



**Tennis ball = 1/2 - 3/4 cup
or medium piece of fruit**

Golf ball = 1/4 cup



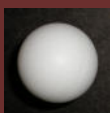
**Deck of Cards
= 3 ounces of meat**

**Computer Mouse
= medium potato**



**4 Stacked Dice
= 1 ounce of cheese**

**CD =
size of a pancake**



**Ping Pong Ball = 2 Tbsp.
Peanut butter**

**Size of Half Dollar
= 1 tsp salad dressing**

