

A serving looks like

Meat/alternatives

3 oz. meat
= deck of cards



2 tbsp. peanut butter
= ping pong ball



½ c. beans
= ½ baseball



Grain

1 c. cereal flakes
= baseball



Muffin
= tennis ball



Bagel
= hockey puck



½ c. cooked rice, pasta,
potato = ½ baseball



Other

¼ c. M&M's®
= large egg



18 gummie bears
= ping pong ball



Dairy

1½ oz. cheese
= 4 dice



½ c. ice cream
= ½ baseball



Vegetables/fruits

1 c. leafy vegetables
= baseball



½ c. fruit or vegetables
= ½ baseball



medium fruit
= baseball



¼ c. dried fruit
= large egg



Fats

1 tsp. oil
= quarter



1 tsp. butter or spread
= 1 die



Marshfield Clinic®

Don't just live. **Shine.**