

## BASIC GUIDELINES



1 cup = baseball



½ cup = lightbulb



1 oz or 2 tbsp  
= golf ball



1 tbsp = poker chip



1 slice of bread  
= cassette tape



3 oz chicken or meat  
= deck of cards



3 oz fish  
= checkbook



1 oz lunch meat  
= compact disc



3 oz muffin or biscuit  
= hockey puck



1½ oz cheese  
= 3 dice



### GRAINS

- 1 cup of cereal flakes = baseball
- 1 pancake = compact disc
- ½ cup of cooked rice = lightbulb
- ½ cup cooked pasta = lightbulb
- 1 slice of bread = cassette tape
- 1 bagel = 6 oz can of tuna
- 3 cups popcorn = 3 baseballs



### DAIRY & CHEESE

- 1½ oz cheese = 3 stacked dice
- 1 cup yogurt = baseball
- ½ cup frozen yogurt = lightbulb
- ½ cup ice cream = lightbulb



### FRUITS & VEGETABLES

- 1 medium fruit = baseball
- ½ cup grapes = about 16 grapes
- 1 cup strawberries = about 12 berries
- 1 cup of salad greens = baseball
- 1 cup carrots = about 12 baby carrots
- 1 cup cooked vegetables = baseball
- 1 baked potato = computer mouse



### FATS & OILS

- 1 tbsp butter or spread = poker chip
- 1 tbsp salad dressing = poker chip
- 1 tbsp mayonnaise = poker chip
- 1 tbsp oil = poker chip



### MEATS, FISH & NUTS

- 3 oz lean meat & poultry = deck of cards
- 3 oz grilled/baked fish = checkbook
- 3 oz tofu = deck of cards
- 2 tbsp peanut butter = golf ball
- 2 tbsp hummus = golf ball
- ¼ cup almonds = 12 almonds
- ¼ cup pistachios = 24 pistachios



### SWEETS & TREATS

- 1 piece chocolate = dental floss package
- 1 brownie = dental floss package
- 1 slice of cake = deck of cards
- 1 cookie = about 2 poker chips