Chef Solus Choosing Healthy Portions

Free Nutrition Education Materials

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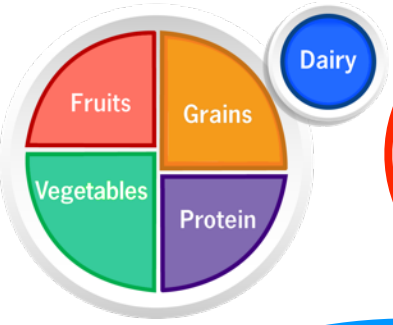
1/2 cup vegetables = 1 computer mouse

1 cup raw leafy vegetables = 1 baseball



1 medium fruit = 1 tennis ball

1 cup of berries

1 cup of milk = 1 baseball

1 ounce of cheese = 1 pair of dice

1/2 cup of rice = 1 computer mouse

1 ounce of pretzels = 1 tennis ball

1/2 cup of cereal = 1/2 of a baseball

3 ounces of meat, chicken or fish = 1 iPod (3 servings)

2 Tbsp of peanut butter = 1 ping-pong ball (2 servings)

1/4 cup of nuts = 1 golf ball

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