







<p>Grains</p>	 <p>1 yo-yo</p>	<p>=</p>	<p>2 ounces</p>	<p>Bagel or English muffin</p>
<p>Vegetables</p>	 <p>1 baseball</p>	<p>=</p>	<p>1 cup</p>	<p>Green beans</p>
<p>Fruits</p>	 <p>1 tennis ball</p>	<p>=</p>	<p>1/2 to 2/3 cup</p>	<p>Medium/small apple</p>
<p>Oils</p>	 <p>1 golf ball</p>	<p>=</p>	<p>2 tbsp</p>	<p>Salad dressing, peanut butter, margarine, etc.</p>
<p>Milk</p>	 <p>4 dice</p>	<p>=</p>	<p>1 ounce</p>	<p>Cheese</p>
<p>Meat & Beans</p>	 <p>1 deck of cards</p>	<p>=</p>	<p>3 ounces</p>	<p>Meat, chicken or fish</p>