

# What does a Serving Size look like?

**Fruit:** 1 medium fruit is equal to the size of a baseball



**Vegetables:** 1/2 cup cooked is the size of a computer mouse

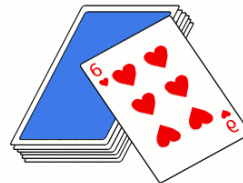


**Pasta:** 1/2 cup cooked is the size of a computer mouse

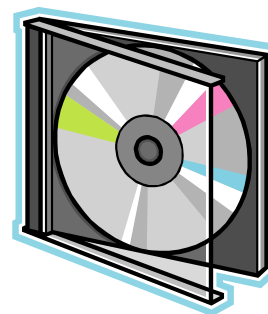
**Cheese:** 1 ounce, or the size of 2 dice



**Meat, Poultry, or Fish:** 3 ounces is the size of a deck of cards or a small box of crayons



**Bread:** 1 ounce is the size of a CD case



**Peanut Butter:** 2 Tbsp is the size of a ping-pong ball

