

# BASIC GUIDELINES



1 cup = Baseball



1/2 cup = Lightbulb



1/4 cup = Egg



1 oz or 2 tbsp =  
Golf ball



1 baked potato =  
computer mouse



1 slice of bread  
= cassette tape



1 tbsp = Poker Chip



3 oz fish  
=checkbook



3 oz muffin or biscuit  
= hockey puck



1 1/2 oz cheese=  
3 dice



3 oz chicken or meat  
=deck of cards



1 oz lunch meat  
= compact disc

### GRAINS

- 1 slice bread=cassette tape
- 1 bagel=hockey puck or 6 oz can of tuna
- 1/2 cup dried beans or legumes=light bulb
- 1/2 cup cooked rice=light bulb
- 1/2 cup cooked pasta=light bulb
- 1 cup of cereal flakes=baseball
- 1 packet instant oatmeal
- 1 pancake=compact disc
- 3 cups popcorn=3 baseballs

### FRUITS

- 1 medium fruit=baseball
- 1/2 cup grapes=about 16 grapes
- 1/2 banana
- 1/4 cup dried fruit=1 egg
- 1/4 cup (4 ounces) 100% fruit juice
- 1 cup strawberries=about 12 berries

### VEGETABLES

- 1 cup cooked vegetables=baseball
- 1 cup salad greens=baseball
- 1 cup carrots=12 baby carrots
- 1 baked potato=computer mouse
- 6 oz vegetable juice

### MEATS, FISH & NUTS

- 3 oz lean meat & poultry=deck of cards
- 3 oz grilled/baked fish=checkbook
- 3 oz tofu=deck of cards
- 1 whole egg or 2 egg whites
- 2 tbsp peanut butter=golf ball
- 2 tbsp hummus=golf ball
- 1/4 cup almonds=23 almonds
- 1/4 cup pistachios=24 pistachios

### DAIRY & CHEESE

- 1 (8 oz) cup milk
- 1 (8 oz) cup yogurt=baseball
- 1 1/2 oz cheese=3 stacked dice
- 1/2 cup frozen yogurt=light bulb

### 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