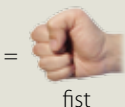


Serving Sizes

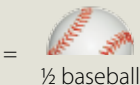
Grain Products

One serving looks like ...

1 cup of
**CEREAL
FLAKES**



$\frac{1}{2}$ cup of
cooked **RICE,**
PASTA, or
POTATO



1 **PANCAKE**



1 slice of
BREAD



1 piece of
CORNBREAD



Dairy, Cheese & Fats

One serving looks like ...

1 teaspoon
MARGARINE
or **SPREADS**



1 $\frac{1}{2}$ ounces
CHEESE



$\frac{1}{2}$ cup of
ICE CREAM



4 stacked
dice or two
cheese slices

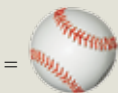
UMRSM

A UnitedHealthcare Company

Vegetables & Fruit

One serving looks like ...

1 cup of
**SALAD
GREENS**



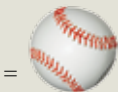
= baseball

1 **BAKED
POTATO**



= fist

1 medium
FRUIT



= baseball

$\frac{1}{4}$ cup
RAISINS



= large egg

$\frac{1}{2}$ cup of
**FRESH
FRUIT**



= $\frac{1}{2}$ baseball

Meat & Alternatives

One serving looks like ...

3 ounces
**MEAT, FISH
and POULTRY**



= deck of cards

2 tablespoons
**PEANUT
BUTTER**



= ping
pong ball

3 ounces
**GRILLED/
BAKED FISH**



= checkbook