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| **Food** | **Portion Size** | **A portion is about the size of…** |
| Bread | 1 ounce or 1 regular slice | CD cover |
| Dry cereal | 1 ounce or 1 cup | Baseball |
| Cooked cereal, rice or pasta | 1 ounce or ½ cup | ½ baseball |
| Pancake or waffle | 1 ounce or 1 small (6 inches) | CD |
| Bagel, hamburger bun | 1 ounce or ½ piece | Hockey puck |
| Cornbread | 1 piece | Bar of soap |
| Orange, apple, pear | 1 small (2 ½ inches in diameter) | Tennis ball |
| Raisins | ¼ cup | Golf ball |
|  Baked potato | 1 medium | Computer mouse |
| Vegetables, chopped or salad | 1 cup | Baseball |
| Fat-free or low-fat milk or yogurt | 1 cup | Baseball |
| Cheese | 1 ½ ounces natural cheese 2 ounces processed cheese | 9-volt battery |
| Ice cream | ½ cup | ½ baseball |
| Lean beef or poultry | 3 ounces | Deck of cards |
| Grilled or baked fish | 3 ounces | Checkbook |
| Peanut butter | 2 tablespoons | Ping-pong ball |
| Butter or margarine | 1 teaspoon | Standard postage stamp |
| Oil or salad dressing | 1 teaspoon | Water bottle cap |