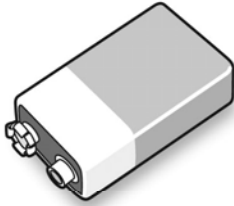
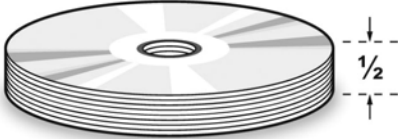
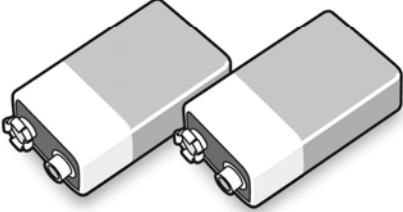




How Much Is a Serving?

Serving size	Foods	How to estimate	
1 tablespoon	Peanut butter		
1 ounce	1 slice of bread		
1.5 ounces	Cheese		
2–3 ounces	Meat Fish Chicken		
1/2 cup	Cooked vegetables Rice Pasta Cereal Canned fruit		
1 cup	Beans Milk Yogurt Whole apple	Whole peach Whole pear Raw vegetables	