**FRUIT**

1 ounce dried fruit = golf ball

½ cup grapes or blueberries = ½ baseball

**VEGETABLES**

1 small baked potato = computer mouse

1 cup vegetables = baseball

**GRAINS**

1 cup cooked pasta = baseball

½ cup cooked rice = ½ baseball

**PROTEIN**

3 ounces cooked fish = checkbook

3 ounces cooked chicken or lean beef = deck of cards

¼ cup almonds or walnuts = golf ball

**DAIRY**

8 ounces yogurt = baseball

1½ ounces hard cheese = 3 dice