












FOOD	SYMBOL	COMPARISON	SERVING SIZE
<b>Grains, Breads &amp; Cereals</b>			
Dry cereal (bowl of cereal)		One fist	1 cup
Noodles, rice, oatmeal (bowl of noodles)		Handful	½ cup
Slice of whole-wheat bread		Flat hand	1 slice
<b>Vegetables</b>			
Cooked carrots		One fist	1 cup
Salad (bowl of salad)		Two fists	2 cups
<b>Fruits</b>			
Apple		One fist	1 medium
Canned peaches		One fist	1 cup
<b>Milk &amp; Milk Products</b>			
Cheese (string cheese)		Pointer finger	1½ ounces
Milk and yogurt (glass of milk)		One fist	1 cup
<b>Meat, Beans &amp; Nuts</b>			
Chicken, beef, fish, pork (chicken breast)		Palm	3 ounces
Peanut butter (spoon of peanut butter)		Thumb	1 tablespoon