FRUITS & VEGETABLES	GRAINS	FISH, NUTS, AND MEAT	FRUITS & VEGETABLES	GRAINS	FISH, NUTS, AND MEAT
1 cup cooked veggies = baseball	1 cup cereal = baseball	3 oz lean meat = deck of cards	1 cup cooked veggies = baseball	1 cup cereal = baseball	3 oz lean meat = deck of cards
1 cup strawberries = about 12 berries	1 medium pancake = CD	3 oz tofu = deck of cards	1 cup strawberries = about 12 berries	1 medium pancake = CD	3 oz tofu = deck of cards
1 cup carrots = about 12 baby carrots 1 med baked potato =	1/2 cup cooked rice = light bulb	1/4 cup almonds = 12 nuts 2 tbsp peanut butter = golf ball	1 cup carrots = about 12 baby carrots 1 med baked potato =	1/2 cup cooked rice = light bulb	1/4 cup almonds = 12 nuts 2 tbsp peanut butter = golf ball
computer mouse	1 bagel = 6 oz can tuna	CHEESE & DAIRY	computer mouse	1 bagel = 6 oz can tuna	CHEESE & DAIRY
1 cup salad greens = baseball	1 slice bread = cassette tape 1/2 cup pasta = light bulb	1 cup yogurt = baseball	1 cup salad greens = baseball	1 slice bread = cassette tape 1/2 cup pasta = light bulb	1 cup yogurt = baseball 1/2 cup ice cream = light bulb
1 medium fruit = baseball	1/2 cup pasta – light buib	1/2 cup ice cream = light bulb 1 1/2 oz cheese = 3 dice	1 medium fruit = baseball	1/2 dap pasta = light balb	1 1/2 oz cheese = 3 dice
OILS AND FATS	VARIOUS	GUIDELINES	OILS AND FATS	VARIOUS	GUIDELINES
1 tbsp mayonnaise = poker chip	1 cup fries = about 10	1 cup = baseball	1 tbsp mayonnaise = poker chip	1 cup fries = about 10	1 cup = baseball
1 tbsp salad dressing = poker chip	4 oz nachos = about 7 chips	1/2 cup = light bulb	1 tbsp salad dressing = poker chip	4 oz nachos = about 7 chips 1 burger (no bun) = deck of cards	1/2 cup = light bulb
1 tbsp butter or spread = poker chip	1 burger (no bun) = deck of cards 1 cup chili = baseball	1 oz (2 tbsp) = golf ball 1 tbsp = poker chip	1 tbsp butter or spread = poker chip	1 cup chili = baseball	1 oz (2 tbsp) = golf ball 1 tbsp = poker chip
	3 oz meatloaf = deck of cards	3 oz meat chicken = deck of cards		3 oz meatloaf = deck of cards	3 oz meat chicken = deck of cards
1 tbsp oil = poker chip	1 burrito = about 6 inches 1 club sandwich = about 5 inches	www.FreePrintableMedicalForms.com	1 tbsp oil = poker chip	1 burrito = about 6 inches 1 club sandwich = about 5 inches	www.FreePrintableMedicalForms.com
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FRUITS & VEGETABLES	GRAINS	FISH, NUTS, AND MEAT	FRUITS & VEGETABLES	GRAINS	FISH, NUTS, AND MEAT
1 cup cooked veggies = baseball 1 cup strawberries = about 12 berries	1 cup cereal = baseball 1 medium pancake = CD	3 oz lean meat = deck of cards 3 oz tofu = deck of cards	1 cup cooked veggies = baseball 1 cup strawberries = about 12 berries	1 cup cereal = baseball 1 medium pancake = CD	3 oz lean meat = deck of cards 3 oz tofu = deck of cards
1 cup carrots = about 12 baby carrots	1/2 cup cooked rice = light bulb	1/4 cup almonds = 12 nuts	1 cup carrots = about 12 baby carrots	1/2 cup cooked rice = light bulb	1/4 cup almonds = 12 nuts
1 med baked potato = computer mouse	1 bagel = 6 oz can tuna	2 tbsp peanut butter = golf ball CHEESE & DAIRY	1 med baked potato = computer mouse	1 bagel = 6 oz can tuna	2 tbsp peanut butter = golf ball CHEESE & DAIRY
1 cup salad greens = baseball	1 slice bread = cassette tape	1 cup yogurt = baseball	1 cup salad greens = baseball	1 slice bread = cassette tape	1 cup yogurt = baseball
1 medium fruit = baseball	1/2 cup pasta = light bulb	1/2 cup ice cream = light bulb 1 1/2 oz cheese = 3 dice	1 medium fruit = baseball	1/2 cup pasta = light bulb	1/2 cup ice cream = light bulb 1 1/2 oz cheese = 3 dice
OILS AND FATS	VARIOUS	GUIDELINES	OILS AND FATS	VARIOUS	GUIDELINES
1 tbsp mayonnaise = poker chip	1 cup fries = about 10	1 cup = baseball	1 tbsp mayonnaise = poker chip	1 cup fries = about 10	1 cup = baseball
1 tbsp salad dressing = poker chip	4 oz nachos = about 7 chips	1/2 cup = light bulb	1 tbsp salad dressing = poker chip	4 oz nachos = about 7 chips	1/2 cup = light bulb
1 tbsp butter or spread = poker chip	1 burger (no bun) = deck of cards 1 cup chili = baseball	1 oz (2 tbsp) = golf ball 1 tbsp = poker chip		1 burger (no bun) = deck of cards 1 cup chili = baseball	1 oz (2 tbsp) = golf ball 1 tbsp = poker chip
, , , , , , , , , , , , , , , , , , , ,	3 oz meatloaf = deck of cards	3 oz meat chicken = deck of cards	1 tbsp butter or spread = poker chip	3 oz meatloaf = deck of cards	3 oz meat chicken = deck of cards
1 tbsp oil = poker chip	1 burrito = about 6 inches 1 club sandwich = about 5 inches	www.FreePrintableMedicalForms.com	1 tbsp oil = poker chip	1 burrito = about 6 inches 1 club sandwich = about 5 inches	www.FreePrintableMedicalForms.com
FRUITS & VEGETABLES	GRAINS	FISH, NUTS, AND MEAT	FRUITS & VEGETABLES	GRAINS 	FISH, NUTS, AND MEAT
1 cup cooked veggies = baseball 1 cup strawberries = about 12 berries	1 cup cereal = baseball	3 oz lean meat = deck of cards 3 oz tofu = deck of cards	1 cup cooked veggies = baseball 1 cup strawberries = about 12 berries	1 cup cereal = baseball	3 oz lean meat = deck of cards 3 oz tofu = deck of cards
1 cup carrots = about 12 baby carrots	1 medium pancake = CD 1/2 cup cooked rice = light bulb	1/4 cup almonds = 12 nuts	1 cup carrots = about 12 baby carrots	1 medium pancake = CD 1/2 cup cooked rice = light bulb	1/4 cup almonds = 12 nuts
1 med baked potato =	1 bagel = 6 oz can tuna	2 tbsp peanut butter = golf ball CHEESE & DAIRY	1 med baked potato =	1 bagel = 6 oz can tuna	2 tbsp peanut butter = golf ball CHEESE & DAIRY
computer mouse 1 cup salad greens = baseball	1 slice bread = cassette tape	1 cup yogurt = baseball	computer mouse 1 cup salad greens = baseball	1 slice bread = cassette tape	1 cup yogurt = baseball
1 medium fruit = baseball	1/2 cup pasta = light bulb	1/2 cup ice cream = light bulb 1 1/2 oz cheese = 3 dice	1 medium fruit = baseball	1/2 cup pasta = light bulb	1/2 cup ice cream = light bulb 1 1/2 oz cheese = 3 dice
OILS AND FATS	VARIOUS	GUIDELINES	OILS AND FATS	VARIOUS	GUIDELINES
1 tbsp mayonnaise = poker chip		1 cup = baseball	1 tbsp mayonnaise = poker chip	1 cup fries = about 10	1 cup = baseball
1 then called drassing = poker chip	1 cup fries = about 10 4 oz nachos = about 7 chips	1 cup = baseball 1/2 cup = light bulb	1 then colod dragging = poker chip	1 cup fries = about 10 4 oz nachos = about 7 chips	1 cup = baseball 1/2 cup = light bulb
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this p salad dressing = poker chip this p butter or spread = poker chip this p oil = poker chip FRUITS & VEGETABLES toup cooked veggles = baseball	1 cup fries = about 10 4 oz nachos = about 7 chips 1 burger (no bun) = deck of cards 1 cup chili = baseball 3 oz meatloaf = deck of cards 1 burrito = about 6 inches 1 club sandwich = about 5 inches GRAINS 1 cup cereal = baseball	1/2 cup = light bulb 1 oz (2 tbsp) = golf ball 1 bsp = poker chip 3 oz meat chicken = deck of cards www.FreePrintableMedicalForms.com FISH, NUTS, AND MEAT 3 oz lean meat = deck of cards	this pist salad dressing = poker chip this pist butter or spread = poker chip this poil = poker chip FRUITS & VEGETABLES cup cooked veggies = baseball	4 oz nachos = about 7 chips 1 burger (no bun) = deck of cards 1 cup chili = baseball 3 oz meatloaf = deck of cards 1 burrito = about 6 inches 1 club sandwich = about 5 inches GRAINS 1 cup cereal = baseball	1/2 cup = light bulb 1 oz (2 tbsp) = golf ball 1 tbsp = poker chip 3 oz meat chicken = deck of cards www.FreePrintableMedicalForms.com FISH, NUTS, AND MEAT 3 oz lean meat = deck of cards
1 tbsp salad dressing = poker chip 1 tbsp butter or spread = poker chip 1 tbsp oil = poker chip FRUITS & VEGETABLES	1 cup fries = about 10 4 oz nachos = about 7 chips 1 burger (no bun) = deck of cards 1 cup chil = baseball 3 oz meatloaf = deck of cards 1 burrito = about 6 inches 1 club sandwich = about 5 inches GRAINS 1 cup cereal = baseball 1 medium pancake = CD	1/2 cup = light bulb 1 oz (2 tbsp) = golf ball 1 tbsp = poker chip 3 oz meat chicken = deck of cards www.FreePrintableMedicalForms.com	1 tbsp salad dressing = poker chip 1 tbsp butter or spread = poker chip 1 tbsp oil = poker chip FRUITS & VEGETABLES	4 oz nachos = about 7 chips 1 burger (no bun) = deck of cards 1 cup chile = baseball 3 oz meatloaf = deck of cards 1 burrito = about 6 inches 1 club sandwich = about 5 inches GRAINS 1 cup cereal = baseball 1 medium pancake = CD	1/2 cup = light bulb 1 oz (2 tbsp) = golf ball 1 tbsp = poker chip 3 oz meat chicken = deck of cards www.FreePrintableMedicalForms.com FISH, NUTS, AND MEAT 3 oz lean meat = deck of cards 3 oz tofu = deck of cards 1/4 cup almonds = 12 nuts
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1 tbsp salad dressing = poker chip 1 tbsp butter or spread = poker chip 1 tbsp oil = poker chip FRUITS & VEGETABLES 1 cup cooked veggies = baseball 1 cup strawberries = about 12 berries 1 cup carrots = about 12 berries 1 cup carrots = about 12 berries 1 cup salad greens = baseball OILS AND FATS 1 tbsp mayonnaise = poker chip 1 tbsp butter or spread = poker chip 1 tbsp butter or spread = poker chip 1 tbsp oil = poker chip 2 toup cooked veggies = baseball 3 cup carrots = about 12 berries 4 cup carrots = about 12 berries 5 cup carrots = about 12 berries 6 cup carrots = about 12 berries 7 cup carrots = about 12 berries 8 cup carrots = about 12 berries 9 cup salad greens = baseball 1 cup strawberries = about 12 berries 1 cup salad greens = baseball 1 medium fruit = baseball OILS AND FATS 1 tbsp mayonnaise = poker chip 1 tbsp salad dressing = poker chip 1 tbsp salad dressing = poker chip	1 cup fries = about 10 4 oz nachos = about 7 chips 1 burger (no bun) = deck of cards 1 cup chill = baseball 3 oz meatloaf = deck of cards 1 burrito = about 6 inches 1 club sandwich = about 5 inches GRAINS 1 cup cereal = baseball 1 medium pancake = CD 1/2 cup cooked rice = light bulb 1 bagel = 6 oz can tuna 1 slice bread = cassette tape 1/2 cup pasta = light bulb VARIOUS 1 cup fries = about 10 4 oz nachos = about 7 chips 1 burger (no bun) = deck of cards 1 cup chill = baseball 3 oz meatloaf = deck of cards 1 cup chill = baseball 1 medium pancake = CD 1/2 cup cooked rice = light bulb VARIOUS 1 cup fries = about 10 4 oz nachos = about 5 inches 1 club sandwich = about 5 inches 1 club sandwich = about 5 inches GRAINS 1 cup cereal = baseball 1 medium pancake = CD 1/2 cup cooked rice = light bulb 1 bagel = 6 oz can tuna 1 slice bread = cassette tape 1/2 cup pasta = light bulb VARIOUS 1 cup fries = about 10 4 oz nachos = about 7 chips 1 burger (no bun) = deck of cards 1 cup chile = baseball 3 oz meatloaf = deck of cards	1/2 cup = light bulb 1 oz (2 tbsp) = golf ball 1 tbsp = poker chip 3 oz meat chicken = deck of cards www.FreePrintableMedicalForms.com FISH, NUTS, AND MEAT 3 oz lean meat = deck of cards 3 oz tofu = deck of cards 1/4 cup almonds = 12 nuts 2 tbsp peanut butter = golf ball CHEESE & DAIRY 1 cup yogurt = baseball 1/2 cup ice cream = light bulb 1 1/2 oz cheese = 3 dice GUIDELINES 1 cup = light bulb 1 oz (2 tbsp) = golf ball 1 tbsp = poker chip 3 oz meat chicken = deck of cards www.FreePrintableMedicalForms.com FISH, NUTS, AND MEAT 3 oz lean meat = deck of cards 3 oz tofu = deck of cards 1/4 cup almonds = 12 nuts 2 tbsp peanut butter = golf ball CHEESE & DAIRY 1 cup yogurt = baseball 1/2 cup ice cream = light bulb 1 1/2 oz cheese = 3 dice GUIDELINES	1 tbsp salad dressing = poker chip 1 tbsp butter or spread = poker chip 1 tbsp oil = poker chip FRUITS & VEGETABLES 1 cup cooked veggies = baseball 1 cup strawberries = about 12 barby carrots 1 med baked potato = computer mouse 1 cup salad greens = baseball 1 medium fruit = baseball OILS AND FATS 1 tbsp mayonnaise = poker chip 1 tbsp salad dressing = poker chip 1 tbsp butter or spread = poker chip 1 tbsp oil = poker chip	4 oz nachos = about 7 chips 1 burger (no bun) = deck of cards 1 cup chili = baseball 3 oz meatloaf = deck of cards 1 burrito = about 6 inches 1 club sandwich = about 5 inches GRAINS 1 cup cereal = baseball 1 medium pancake = CD 1/2 cup cooked rice = light bulb 1 bagel = 6 oz can tuna 1 slice bread = cassette tape 1/2 cup pasta = light bulb VARIOUS 1 cup fries = about 10 4 oz nachos = about 7 chips 1 burrito = about 6 inches 1 club sandwich = about 5 inches 1 cup chili = baseball 3 oz meatloaf = deck of cards 1 burrito = about 6 inches 1 club sandwich = about 5 inches GRAINS 1 cup cereal = baseball 1 medium pancake = CD 1/2 cup cooked rice = light bulb 1 bagel = 6 oz can tuna 1 slice bread = cassette tape 1/2 cup pasta = light bulb 1 bagel = 6 oz can tuna 1 slice bread = cassette tape 1/2 cup pasta = light bulb 1 vARIOUS 1 cup fries = about 10 4 oz nachos = about 7 chips 1 burger (no bun) = deck of cards 1 cup chile = baseball 3 oz meatloaf = deck of cards	1/2 cup = light bulb 1 oz (2 tbsp) = golf ball 1 tbsp = poker chip 3 oz meat chicken = deck of cards www.FreePrintableMedicalForms.com FISH, NUTS, AND MEAT 3 oz lean meat = deck of cards 3 oz tofu = deck of cards 1/4 cup almonds = 12 nuts 2 tbsp peanut butter = golf ball CHEESE & DAIRY 1 cup yogurt = baseball 1/2 cup ice cream = light bulb 1 1/2 oz cheese = 3 dice GUIDELINES 1 cup = baseball 1/2 cup = light bulb 1 oz (2 tbsp) = golf ball 1 tbsp = poker chip 3 oz meat chicken = deck of cards www.FreePrintableMedicalForms.com FISH, NUTS, AND MEAT 3 oz lean meat = deck of cards 3 oz tofu = deck of cards 1/4 cup almonds = 12 nuts 2 tbsp peanut butter = golf ball CHEESE & DAIRY 1 cup yogurt = baseball 1/2 cup ice cream = light bulb 1 1/2 oz cheese = 3 dice GUIDELINES 1 cup = baseball 1/2 cup = baseball 1/2 cup = baseball 1/2 cup = baseball 1/2 cup = baseball
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