




Chef Solus Choosing Healthy Portions

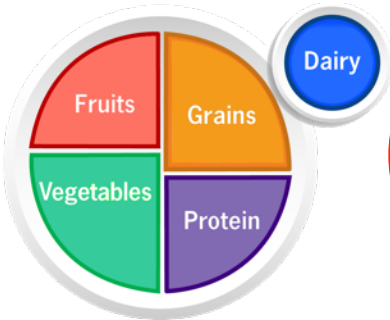

Free Nutrition Education Materials

www.NourishInteractive.com

1/2 cup vegetables = 1 computer mouse

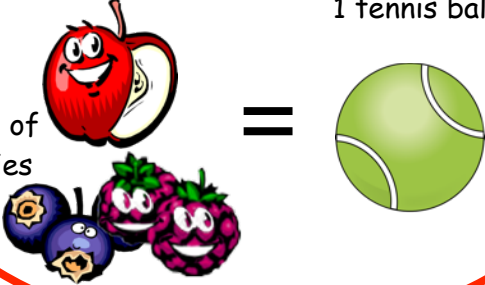


1 cup raw leafy vegetables = 1 baseball

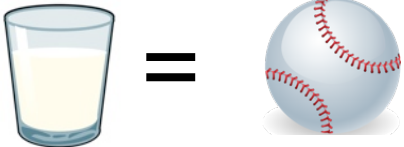


1 medium fruit = 1 tennis ball

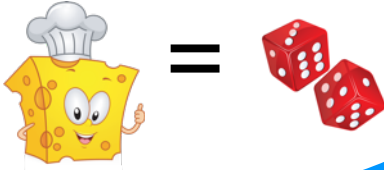
1 cup of berries



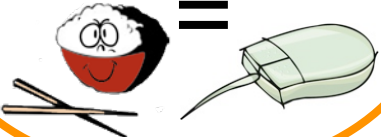
1 cup of milk = 1 baseball



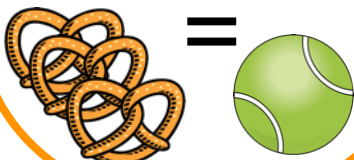
1 ounce of cheese = 1 pair of dice



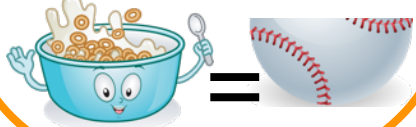
1/2 cup of rice = 1 computer mouse



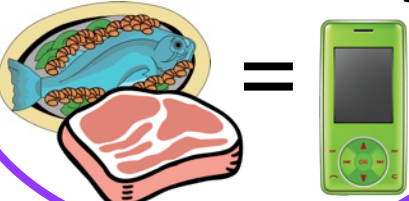
1 ounce of pretzels = 1 tennis ball



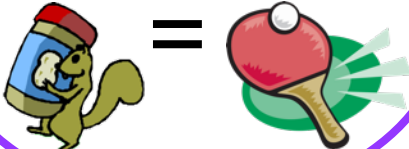
1/2 cup of cereal = 1/2 of a baseball



3 ounces of meat, chicken or fish = 1 iPod (3 servings)



2 Tbsp of peanut butter = 1 ping-pong ball (2 servings)



1/4 cup of nuts = 1 golf ball

