



GUIDE TO PERFECT PORTIONS



100
Calories*

BASEBALL

1 CUP OF COLD CEREAL



210
Calories*

NICKEL DIAMETER

2oz DRY SPAGHETTI (1 CUP COOKED SPAGHETTI)



175
Calories*

DECK OF CARDS

ONE SERVING OF MEAT



120
Calories*

MATCHBOOK

1 SERVING OF OIL, SALAD DRESSING OR MAYONNAISE



TENNIS BALL

ONE SERVING OF FRUIT OR VEGETABLES



GOLFBALL

ONE SERVING OF NUTS, CHEESE OR DRIED FRUIT



MOBILE PHONE

ONE SERVING OF FISH