

fish









4-oz individual applesauce = ½ cup

Small apple = 1 cup of fruit

4 dice = 1 oz of cheese = 1 wrapped slice





School carton of milk = 1 cup



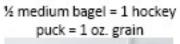
2 Tb Peanut Butter=1 golf ball



8 oz. yogurt= 1 cup milk

1 cup pasta= 1 baseball







1 small potato= 1 computer mouse= 1 cup vegetables