

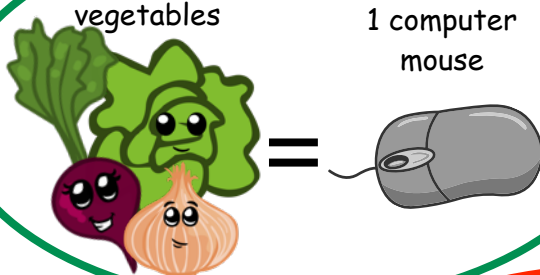


# Chef Solus Choosing Healthy Portions

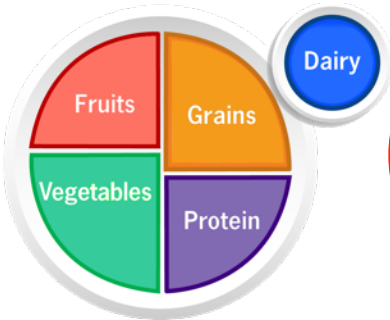

Free Nutrition Education Materials

[www.NourishInteractive.com](http://www.NourishInteractive.com)

1/2 cup vegetables = 1 computer mouse

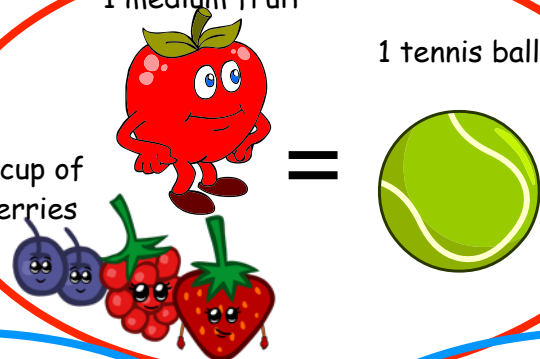


1 cup raw leafy vegetables = 1 baseball

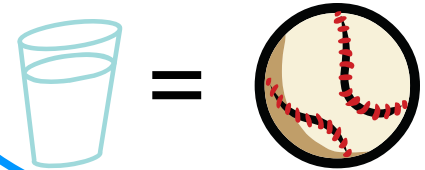


1 medium fruit = 1 tennis ball


1 cup of berries



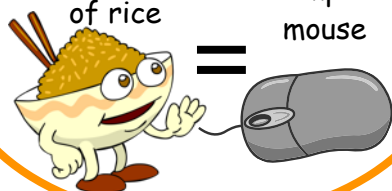
1 cup of milk = 1 baseball



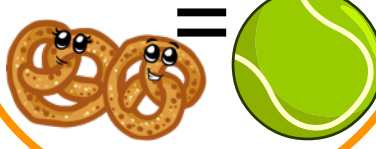
1 ounce of cheese = 1 pair of dice



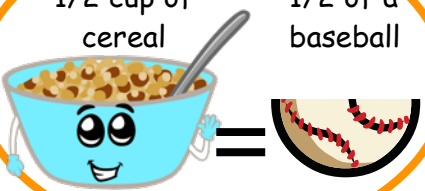
1/2 cup of rice = 1 computer mouse



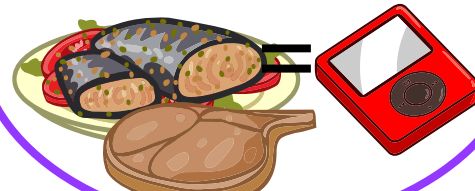
1 ounce of pretzels = 1 tennis ball



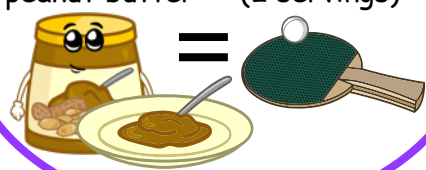
1/2 cup of cereal = 1/2 of a baseball



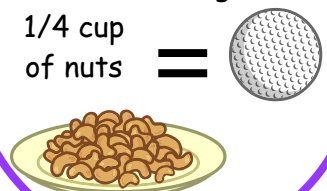
3 ounces of meat, chicken or fish = 1 iPod (3 servings)



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



1/4 cup of nuts = 1 golf ball



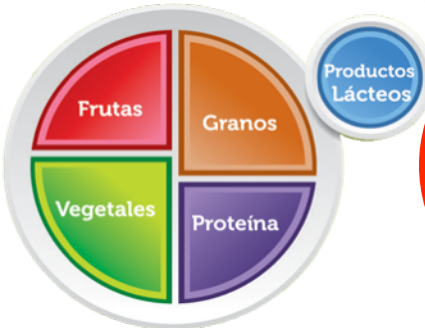


Guía De Chef Solus - Escojer Porciones Saludables  
 Imprimibles Gratis De Educación Nutritiva  
[es.NourishInteractive.com](http://es.NourishInteractive.com)

1/2 taza  
vegetales = 1 ratón de  
computadora

1 taza vegetales  
en hoja crudos = 1 béisbol

fruta mediana  
1 taza de  
arándanos = 1 pelota de  
Tenis



1 taza de  
leche = 1 béisbol

1 onza de  
queso = 1 par de dados

1/2 taza  
arroz = 1 ratón de  
computadora

1 onza of  
pretzels = 1 pelota de  
Tenis

1/2 taza  
cereal = 1/2  
béisbol

3 onzas de carne,  
pescado o pollo = 1 iPod  
(3 raciones)

2 cucharadas  
de crema de  
maní = 1 bola de ping-  
pong (2  
raciones)

1/4 taza  
de nueces = 1 bola de  
Golf