

## How much food is it?

If it looks like:



It is about this much:

**6 dice: 1 ½ ounces of cheese**



**1 large egg: ¼ cup**



**Rounded handful: about ½ cup**



**Baseball: about 1 cup**



**Checkbook: 3 ounces of fish**



**Cassette tape: 3 ounces of meat or poultry**



**1 dice: 1 teaspoon**



**a thumb-tip: 1 tablespoon**