

CMWL[®] MEASURE PERFECT PORTION SIZES



BASEBALL



100
Calories*

1 CUP OF COLD CEREAL



NICKEL DIAMETER



210
Calories*

2oz DRY SPAGHETTI (1 CUP COOKED SPAGHETTI)



DECK OF CARDS



175
Calories*

ONE SERVING OF MEAT



MATCHBOOK



120
Calories*

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



CHECKBOOK



ONE SERVING OF FISH