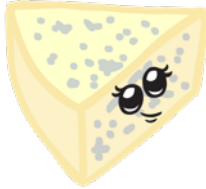


Chef Solus Portion Size Reference List - Milk Group

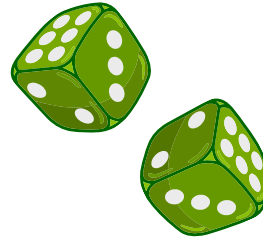
It is not as hard as you might think to figure out the right serving size with a little help from some common household items.

1 Serving of the Milk Group

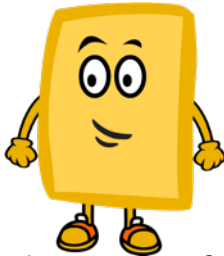
1 ounce of cheese



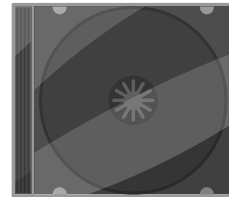
1 pair of dice



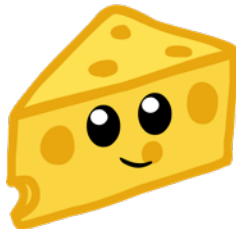
1 slice of cheese



1 CD case



1-1/2 ounce of hard cheese like Cheddar



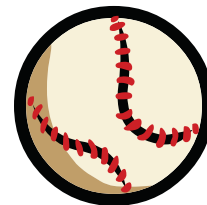
2 (9-volt) batteries



1 cup of milk



1 baseball



8 ounces of yogurt



1 tennis ball

