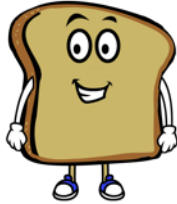


# Chef Solus Portion Size Reference List - Grains Group

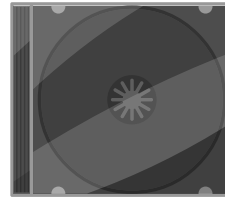
It is not as hard as you might think to figure out the right serving size with a little help from some common household items.

## 1 Serving of the Grains Group

1 ounce or slice of bread



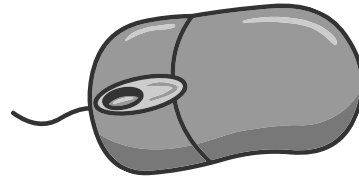
1 CD case



1/2 cup of rice



1 computer mouse



1/2 cup of cereal



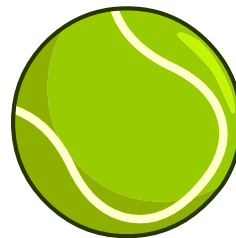
1/2 of a baseball



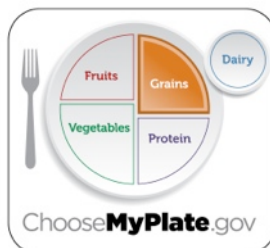
1 ounce of pretzels



1 tennis ball



1 cup of air popcorn



1 baseball

