









## FOOD AND PORTION MEMORY CARD KEY

Food group pictures	Servings
	6 to 7 ounces (175 to 200 g)
	2 1/2 to 3 cups
	1 1/2 to 2 cups
	5 to 6 teaspoons allowed
	3 cups
	5 to 6 ounces (150 to 175 g)