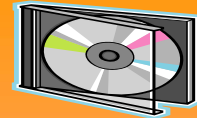


## AVÈK KISA YON GWOSÈ PLA SANBLE? WHAT DOES A SERVING SIZE LOOK LIKE?

- 1 ons pen = pochèt CD

1 oz. bread = CD case



- 1 fwi mwayen = boul tenis

1 medium fruit = tennis ball



- 1 ons fwomaj = 2 zo

1 oz. cheese = 2 dice



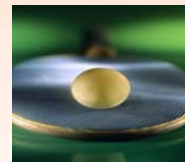
- 3 ons vyann, pwason oswa vyann volay = kasèt odyo

3 oz. meat, fish or Poultry = cassette tape



- 2 kiyè manba = balon ping-pong

2 Tbsp. peanut butter = ping-pong ball



- 1/2 tas pat alimantè kwit = makè òdinatè

1/2 cup cooked pasta = computer mouse

