**SERVING SIZES CHEAT SHEET**

**4 ounce scoop-grey scoop/spoodle  (1/2 cup)**

**3 ounce scoop-Green Scoop/spoodle (1/3 cup)**

**2 ounce- Yellow Scoop (1/4 cup)**

**SCOOPS or SPOODLES**

Starch (potatoes)-4 ounces

Black Pinto, refried beans, garbanzo- 4-ounces

Pasta/Rice,-4 ounces

Vegetables-4 ounces

Bread-1-2 slices

6 in. Tortilla-1 each

Protein- 3 ounces

Tuna/Egg salad 3 ounce

Fresh Fruit -1 pc

 17 grapes

 ½ banana

 ¾ cup strawberries

Eggs 1 egg

Stuffing 2 oz or 4 oz

Baked Beans-4 ounce

Canned Fruit- 4 ounces

Cheese .5 oz or 1 oz

**LADLES**

Oatmeal-8 oz ladle

Cream of Wheat-8 oz ladle

Green Chile Posole 6 or 8 oz ladle

Green Chile Stew-4-8 oz ladle

Gravy- 2 oz ladle