**SERVING SIZES CHEAT SHEET**

**This is a general guideline, check menu to see correct portion sizes.**

**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, DISHERS, or SPOODLES**

Mashed potatoes, sweet potatoes- 1/2c or 4ounces

Black, Pinto, refried beans, garbanzo- 4-ounces or 1/2c

Pasta/Rice,-4 ounces or 1/2c

Vegetables-4 ounces or ½ c

Bread-1-2 slices

6 in. Tortilla-1 each

Protein- 3 ounces

Tuna salad=4 ounces or 1/2c

Egg salad-4ounces or 1/2c (only contains about 1 egg)

Fresh Fruit -1 pc

 17 grapes

 ½ banana

 ¾ cup strawberries

Eggs 1 egg

Stuffing 2 oz or 4 oz (1/4c or 1/2c)

Baked Beans-4 ounce or 1/2c

Canned Fruit- 4 ounces or 1/2c

Cheese .5 oz or 1 oz

**LADLES**

Oatmeal-4-8 oz ladle

Cream of Wheat-4-8 oz ladle

Green Chile Posole 4-8 oz ladle

Green Chile Stew-4-8 oz ladle

LS Gravy- 2 oz ladle