

Portion Reference Guide



1 cup

Baseball



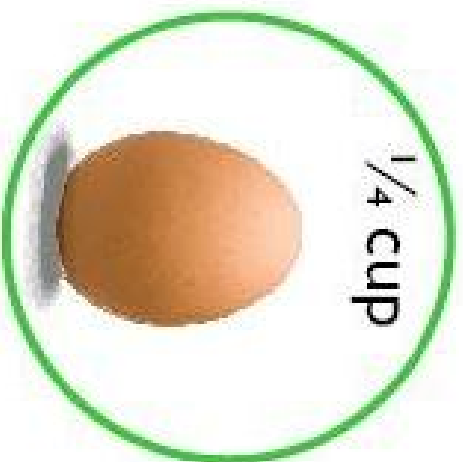
$\frac{3}{4}$ cup

Tennis ball



$\frac{1}{2}$ cup

Computer mouse



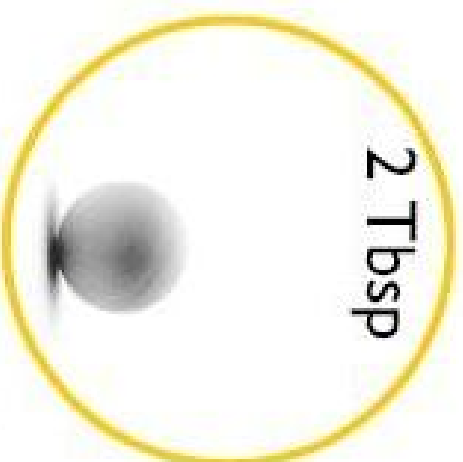
$\frac{1}{4}$ cup

Egg



3 oz

Deck of cards



2 Tbsp

Ping pong ball