

Chef Solus Portion Size Reference List - Milk Group

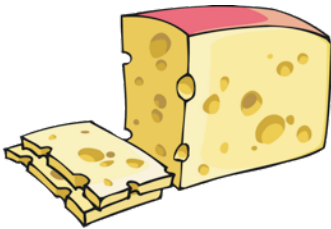
It is not as hard as you might think to figure out the right serving size with a little help from some common household items.

1 Serving of the Milk Group

1 ounce of cheese



1 slice of cheese



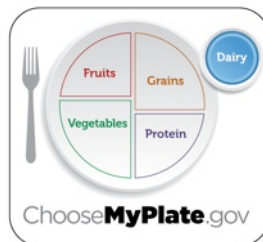
1-1/2 ounce of hard cheese
like Cheddar



1 cup of milk



8 ounces of yogurt



1 pair of dice



1 CD case



2 (9-volt) batteries



1 baseball



1 tennis ball

