The GRAINS Group…
What does one serving look like?!!

½ c cooked rice or pasta
(baseball, cupcake wrapper full, ice cream scoop)



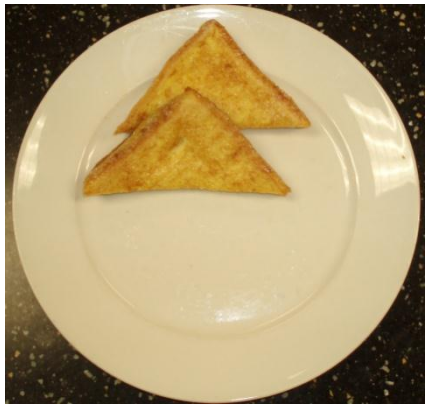
1 ounce pancake
(size of a CD, Dhall pancakes = 2 servings)



¼ waffle



1 slice of bread or 1 piece of french toast



1 biscuit
(hockey puck)



1 cup cereal, grits, and oatmeal
(approximately the size of your fist)



¼ regular bagel
Or 1 mini bagel

