

The VEGGIES Group... What does one serving look like?!!

1 baked potato
(size of a computer mouse)



½ c cooked veggies
(6 asparagus spears, 8 baby carrots, 1 ear of corn)
(size of a light bulb)



1 c lettuce or salad greens
(size of 2 decks of cards or 2 fists)



½ c vegetable juice
(size of the smoothie cups in the weight room)



1 c raw veggies
(size of a fist or a baseball)

