

## Chef Solus Portion Size Reference List - Vegetable Group

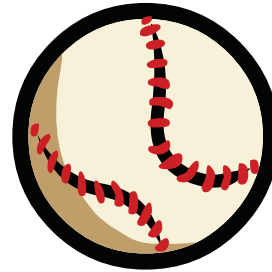
It is not as hard as you might think to figure out the right serving size with a little help from some common household items.

### 1 Serving of the Vegetable Group

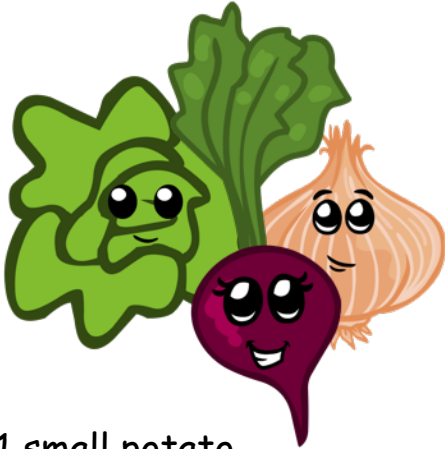
1 cup raw leafy vegetables



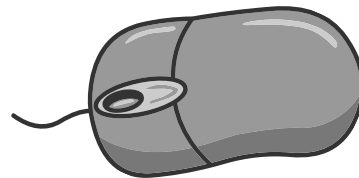
1 baseball



1/2 cup vegetables



1 computer mouse



1 small potato



1 computer mouse

