



1 small apple  
= **1 HANDFUL**



1 small banana  
= **1 HANDFUL**



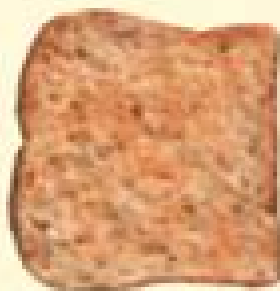
3-4 slices  
canned peaches  
= **1 HANDFUL**



1 kiwifruit  
= **1 HANDFUL**



$\frac{1}{2}$  large (75g)  
pita bread  
= **SMARTPHONE**



1 toast slice  
= **SMARTPHONE**



$\frac{3}{4}$  cup baked  
beans  
= **BASEBALL**

# Healthy Serving Size Guide

**LL Leslie**

A decorative red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the 'LL Leslie' text.

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