



1 small apple
= **1 HANDFUL**



1 small banana
= **1 HANDFUL**



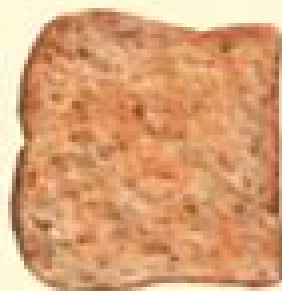
3-4 slices
canned peaches
= **1 HANDFUL**



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

Pasquale De Marco

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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