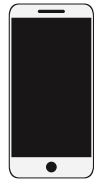


SERVING SIZES & POINTS



golf ball

1 /4 cup mixed nuts, 6 points



cell phone

1 slice of bread, varies

smileyspoints.com/bread

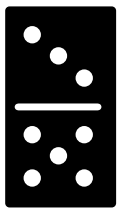


tennis ball

1 serving of fruit, 0 points

1 serving of veggies, 0 points

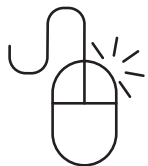
smileyspoints.com/zero



domino

1 ounce of cheese, mozzarella, 2 points

1 ounce of cheese, fat-free, 1 point



mouse

1/2 cup of potatoes, cooked, 2 points

1/2 cup sweet potatoes, cooked, 3 points



hockey puck

1 bagel, 2-ingredient dough, 3 points