



1 small apple
= 1 HANDFUL



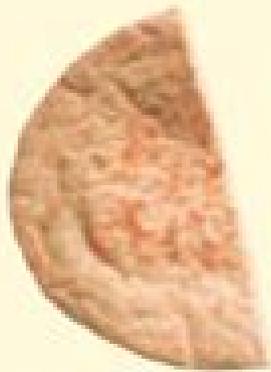
1 small banana
= 1 HANDFUL



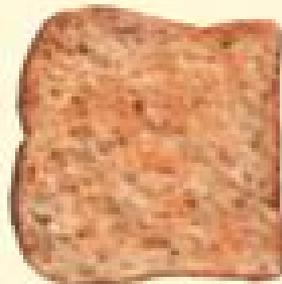
3-4 slices
canned peaches
= 1 HANDFUL



1 kiwifruit
= 1 HANDFUL



½ large (75g)
pita bread
= SMARTPHONE



1 toast slice
= SMARTPHONE



¾ cup baked
beans
= BASEBALL

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