



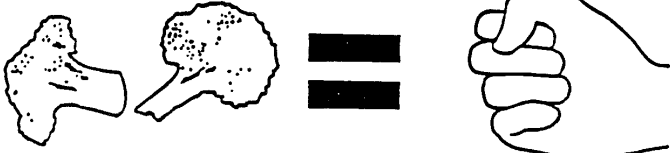

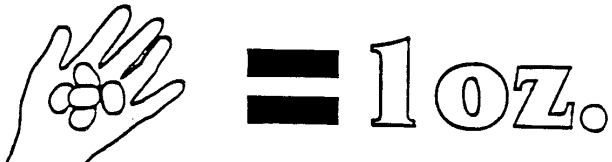


# SEVEN WAYS TO SIZE UP YOUR SERVINGS

Measure food portions so you know exactly how much food you're eating.

When a food scale or measuring cups aren't handy, you can still estimate your portion. Remember:

<p><b>1</b> 3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.</p>	
<p><b>2</b> A medium apple or peach is about the size of a tennis ball.</p>	
<p><b>3</b> 1 oz of cheese is about the size of 4 stacked dice.</p>	
<p><b>4</b> ½ cup of ice cream is about the size of a racquetball or tennis ball.</p>	
<p><b>5</b> 1 cup of mashed potatoes or broccoli is about the size of your fist.</p>	
<p><b>6</b> 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.</p>	
<p><b>7</b> 1 ounce of nuts or small candies equals one handful.</p>	

<p><b>MOST IMPORTANT</b> Especially if you're cutting Calories, remember to keep your diet nutritious.</p>	<p>2-4 servings from the <b>Milk Group</b> for calcium 2-3 servings from the <b>Meat Group</b> for iron</p>	<p>3-5 servings from the <b>Vegetable Group</b> for vitamin A 2-4 servings from the <b>Fruit Group</b> for Vitamin C 6-11 servings from the <b>Grain Group</b> for fiber</p>
--	---	--