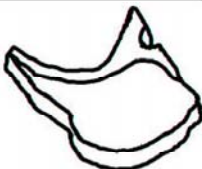

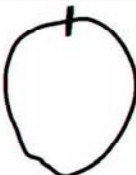





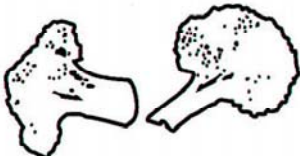
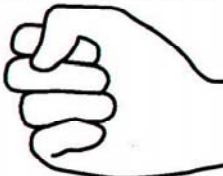

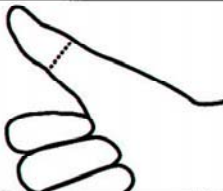



SEVEN WAYS TO SIZE UP YOUR SERVINGS

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:

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