




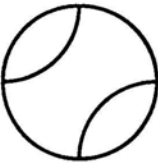





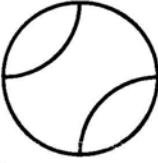





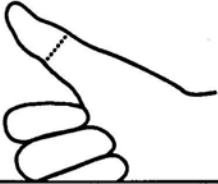









# SEVEN WAYS TO SIZE UP YOUR SERVINGS

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> 1/2 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 Milk Group for calcium</p> <p> 2-3 servings from the Meat Group for iron</p>	<p> 3-5 servings from the Vegetable Group for vitamin A</p> <p> 2-4 servings from the Fruit Group for vitamin C</p> <p> 6-11 servings from the Grain Group for fiber</p>	