














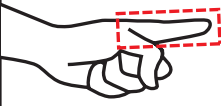



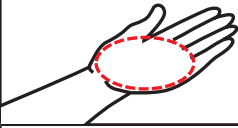

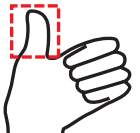


Serving-Size Comparisons

FOOD	SYMBOL	COMPARISON	SERVING SIZE
Grains, Breads & Cereals			
Dry cereal (bowl of cereal)			One fist 1 cup
Noodles, rice, oatmeal (bowl of noodles)			Handful ½ cup
Vegetables			
Baked potato			One fist ½ medium
Cooked carrots			One fist 1 cup
Salad (bowl of salad)			Two fists 2 cups
Fruits			
Apple			One fist 1 medium
Canned peaches			One fist 1 cup
Milk & Milk Products			
Cheese (string cheese)			Pointer finger 1 ½ ounces
Milk and yogurt (glass of milk)			One fist 1 cup
Meat, Beans & Nuts			
Chicken, beef, fish, pork (chicken breast)			Palm 3 ounces
Peanut butter (spoon of peanut butter)			Thumb 1 Tablespoon