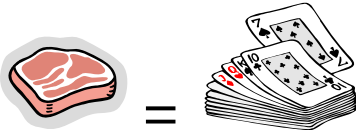
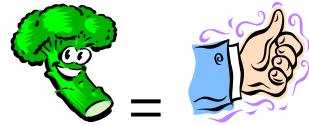


SEVEN WAYS TO SIZE UP YOUR PORTIONS

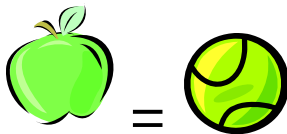
- 1.** Three ounces of meat is about the size and thickness of a deck of playing cards.



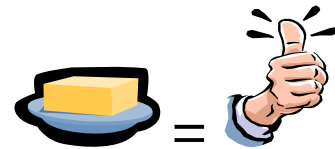
- 5.** 1 cup of broccoli or mashed potatoes is about the size of your fist.



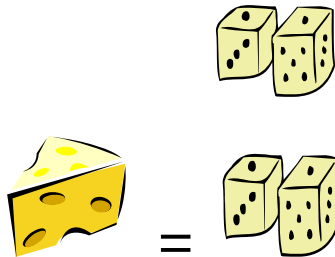
- 2.** A medium apple or peach is about the size of a tennis ball.



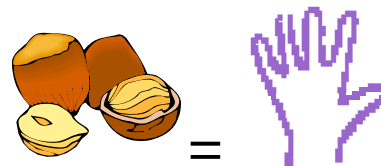
- 6.** 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.



- 3.** 1 ounce of cheese is about the size of 4 stacked dice.



- 7.** 1 ounce of nuts or small candies equals one handful.



- 4.** ½ cup of ice cream is about the size of a racquetball or tennis ball.

