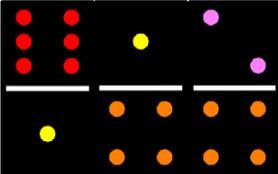
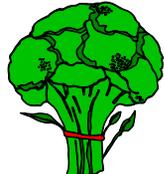
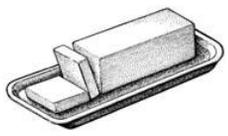


Size Up Your Servings

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

You can estimate serving portions when a scale or measuring cup is not available.

<p>3 ounces of meat is about the size and thickness of a computer mouse, deck of cards, bar of soap, and an audiocassette.</p>		<p>==</p>	
<p>A medium apple or peach is about the size of a tennis ball.</p>		<p>==</p>	
<p>1½ oz of cheese is about the size of 3 dominoes.</p>		<p>==</p>	
<p>½ cup of ice cream is about the size of a racquetball or tennis ball.</p>		<p>==</p>	
<p>1 cup of mashed potatoes or broccoli is about the size of your fist.</p>		<p>==</p>	
<p>1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.</p>		<p>==</p>	
<p>1 ounce of nuts or small candies is equal to one handful.</p>		<p>==</p>	<p>1 OZ.</p>

MOST IMPORTANT
Remember to keep your diet nutritious, especially if you're cutting calories.



2-4 servings from the Milk Group for calcium



3-5 servings from the Vegetable Group for vitamin A



6-11 servings from the Grain Group for B vitamins and fiber



2-3 servings from the Meat Group for iron



2-4 servings from the Fruit Group for vitamin C