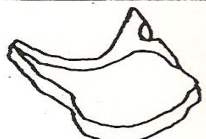

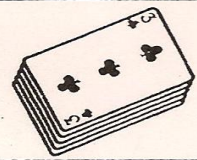


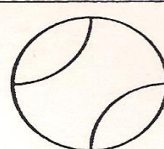
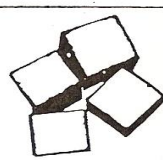

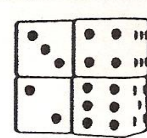
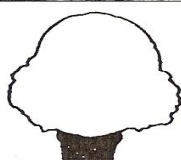

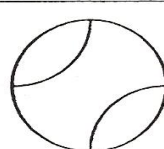
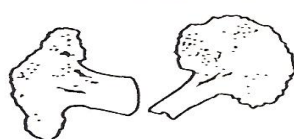

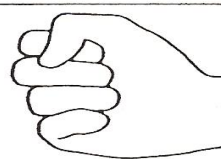


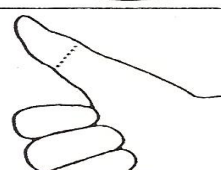
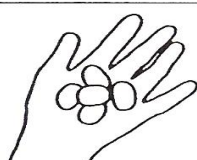








SEVEN WAYS TO SIZE UP YOUR SERVINGS

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.
MOST IMPORTANT Especially if you're cutting calories, remember to keep your diet nutritious	 2-4 servings from the Milk Group for calcium  2-3 servings from the Meat Group for iron	 3-5 servings from the Vegetable Group for vitamin A  2-4 servings from the Fruit Group for vitamin C  6-11 servings from the Grain Group for fiber	