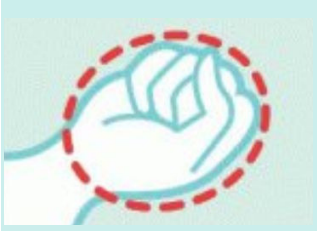



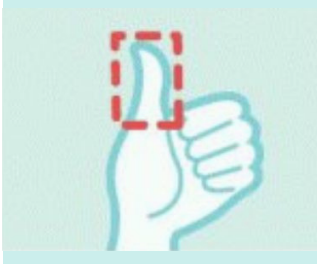



# PORTION SIZES

HAND SYMBOLS	EQUIVALENT	FOODS	CALORIES
	FIST 1 cup	Rice, pasta Fruits Veggies	200 75 40
	PALM 3 ounces	Meat Fish Poultry	160 160 160
	HANDFUL 1 ounce	Nuts Raisins	170 85
	2 HANDFULS 1 ounces	Chips Popcorn Pretzels	150 120 100
	THUMB 1 ounces	Peanut butter Hard cheese	170 100
	THUMB TIP 1 tablespoon	Cooking Oil Mayonaise, butter Sugar	40 35 15

# PORTION SIZE COMPARISON



=



apple

baseball



=



1 slice of bread

DVD



=



cheese

3 dice



=



peas

1/2 baseball

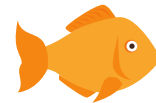


=



light popcorn

3 baseballs



=



fish

iPhone 10



=



lettuce

baseball



=



oil based  
salad  
dressing

golf ball



=



milk

mini water  
bottle



=



bagel

baseball



=



pasta

tennis ball



=



french  
fries

baseball



=



meat

deck of cards



=



butter

1 teaspoon



=



orange  
juice

fun sized  
juice box

