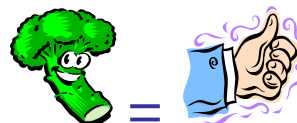


Seven Ways To Size Up Your Portions

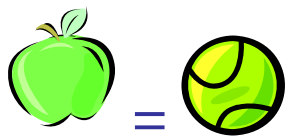
1. Three ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.



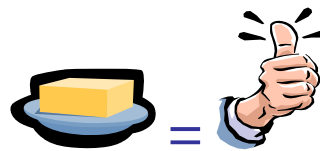
5. 1 cup of broccoli or mashed potatoes is about the size of your fist.



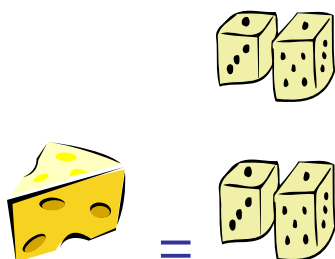
2. A medium apple or peach is about the size of a tennis ball.



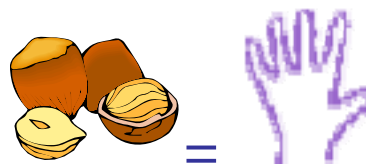
6. 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb



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

