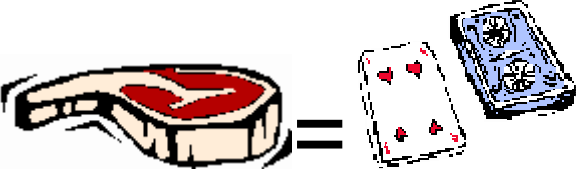
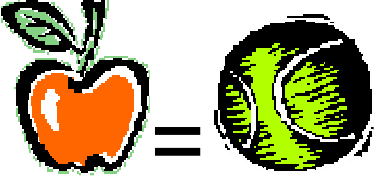



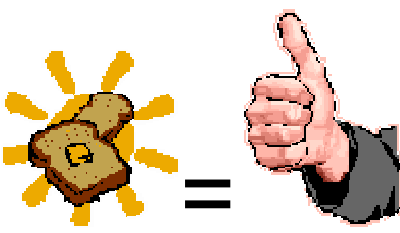


Seven Ways to Size up Your Servings

Measure food portions so you know exactly how much you're eating. When a food scale or measuring cups aren't handy, you can still estimate your portion. Remember:

<p>1 3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.</p>	
<p>2 A medium apple or peach is about the size of a tennis ball.</p>	
<p>3 1 ounce of cheese is about the size of 4 stacked dice.</p>	
<p>4 ½ cup of ice cream is about the size of a racquetball or tennis ball.</p>	
<p>5 1 cup of mashed potatoes or broccoli is about the size of your fist.</p>	
<p>6 1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.</p>	

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

