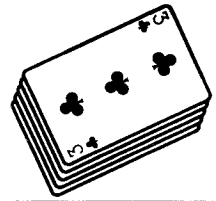
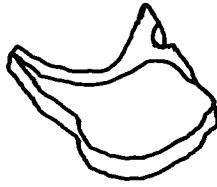


# SEVEN WAYS TO SIZE UP YOUR SERVINGS

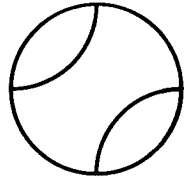
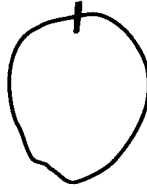
Measure food portions so you know exactly how much food you're eating.

When a food scale or measuring cups aren't handy, you can still estimate your portion. Remember:

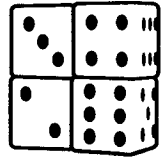
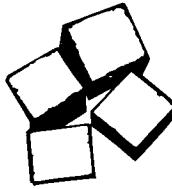
**1** 3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.



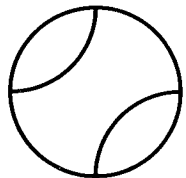
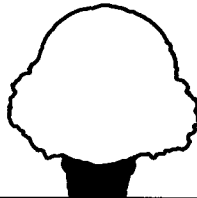
**2** A medium apple or peach is about the size of a tennis ball.



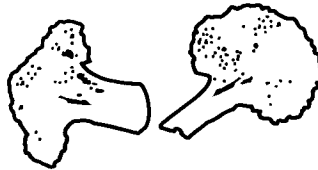
**3** 1 oz of cheese is about the size of 4 stacked dice.



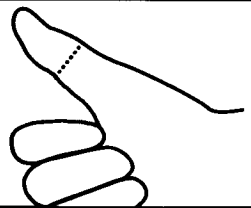
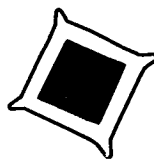
**4** 1/2 cup of ice cream is about the size of a racquetball or tennis ball.



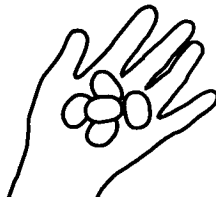
**5** 1 cup of mashed potatoes or broccoli is about the size of your fist.



**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