




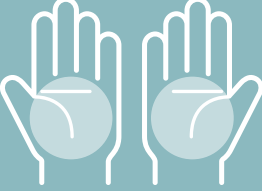


# HOW DO YOUR PORTION SIZES MEASURE UP?

If you compare portion sizes today to what they were 20 years ago you'll quickly realize why our waistlines have been consistently expanding. Pre-packaged and restaurant foods are frequently served in large portions, and portion sizes just keep growing!



Let's see how your portion sizes measure up – the following chart provides recommended portion sizes for each food group.

THE SIZE OF A	EQUIVALENT	FOODS	CALORIES
 BASEBALL	1 cup	Rice, pasta Fruit Veggies	200 75 40
 DECK OF CARDS	3 ounces	Meat Fish Poultry	160 160 160
 FOUR DICE	1 ounce	Nuts Raisins	170 85

THE SIZE OF A	EQUIVALENT	FOODS	CALORIES
 <p>LIGHTBULB</p>	1 ounce	Chips Popcorn Pretzels	150 120 120
 <p>DOMINO</p>	1 ounce	Peanut butter Hard cheese	170 100
 <p>QUARTER</p>	1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15