
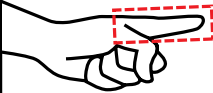



















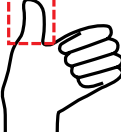


Serving-Size Chart

Please consult you physician / nutritionist before beginning any meal plan / change.

FOOD	SYMBOL	COMPARISON	SERVING SIZE	
Dairy: Milk, Yogurt, Cheese				
Cheese (string cheese)			Pointer finger	1½ ounces
Milk and yogurt (glass of milk)			One fist	1 cup
Vegetables				
Cooked carrots			One fist	1 cup
Salad (bowl of salad)			Two fists	2 cups
Fruits				
Apple			One fist	1 medium
Canned peaches			One fist	1 cup
Grains: Breads, Cereals, Pasta				
Dry cereal (bowl of cereal)			One fist	1 cup
Noodles, rice, oatmeal (bowl of noodles)			Handful	½ cup
Slice of whole-wheat bread			Flat hand	1 slice
Protein: Meat, Beans, Nuts				
Chicken, beef, fish, pork (chicken breast)			Palm	3 ounces
Peanut butter (spoon of peanut butter)			Thumb	1 tablespoon