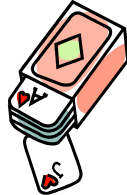


Portion sizes

3 oz. meat = a deck of cards



1 med. Potato = a computer mouse



1/2 cup of pasta = a tennis ball



1 tsp. of butter = tip of your thumb



1 oz. of cheese = 4 small dice



**HERE IS A GOOD IDEA.
Use a small plate and
don't let your food touch!
This will limit portion
sizes automatically. It's
Easy!**