

SEVEN WAYS TO SIZE UP YOUR PORTIONS

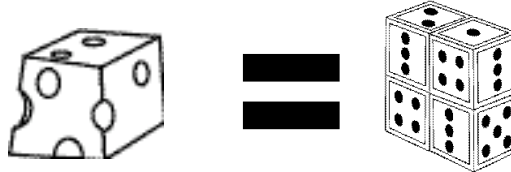
1 3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.



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



3 1 ounce 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 broccoli or mashed potatoes 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.

