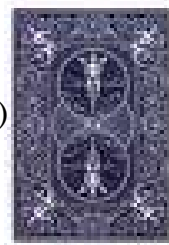


Picture Your Portion

The final way to estimate the correct portion size is to compare portions to certain everyday items.

Meat:

- 3 ounces of meat
(looks like the size of a deck of cards)



Fruit:

- 1 medium size of fresh fruit
(looks like the size of a tennis ball)



Starchy Carbohydrate:

- 1 whole grain roll
(looks like the size of a can of tuna)

