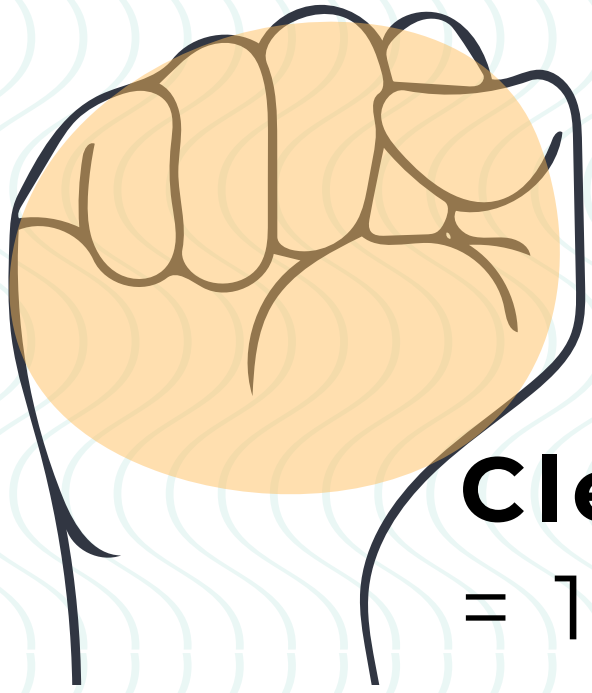


NUTRITIONAL EDUCATION

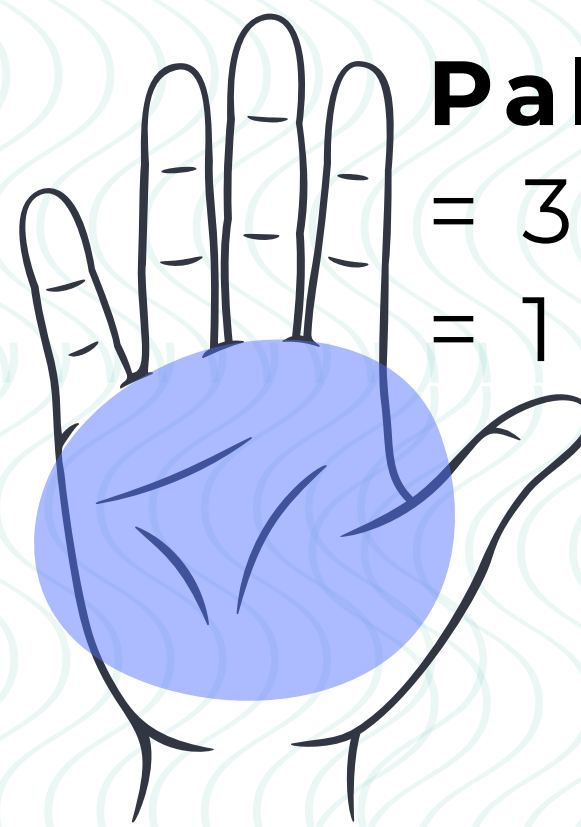
SERVING SIZE

HAND PORTIONED PLATE:



Clenched Fist

= 1 Cup
= 1 Serving of Fruit
or Raw Vegetables



Palm

= 3-4 Ounce
= 1 Serving of Meat



Thumb

= 2 Tablespoons
= 1 Serving of Fat



Cupped Hand

= 1/2 Cup
= 1 Serving of grains



Finger Tip

= 1 Teaspoon
= 1 Serving of Sugar