
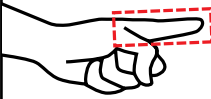



















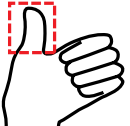


FOOD	SYMBOL	COMPARISON	SERVING SIZE
Dairy - Milk, Yogurt, Cheese			
Cheese (string cheese)	 	Pointer finger	1½ ounces
Milk and yogurt (glass of milk)	 	One fist	1 cup
Vegetables			
Cooked carrots	 	One fist	1 cup
Salad (bowl of salad)	 	Two fists	2 cups
Fruits			
Apple	 	One fist	1 medium
Canned peaches	 	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