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| <p>Hand symbols</p> | <p>A way to measure the amount of food, using your hand to compare to the proper serving size.</p> |
| <p>Measure</p> | <p>A way to find the amount of something...in this case, food.</p> |
| <p>Serving number</p> | <p>The number of servings needed each day from the five food groups to ensure that the recommended amounts of the main nutrients are obtained.</p> |

Serving size

The right amount of a given food to eat at a meal or snack.