
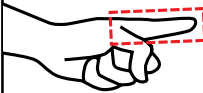



















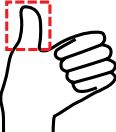


# Serving-Size Comparison Chart

FOOD	SYMBOL	COMPARISON	SERVING SIZE	
<b>Milk &amp; Milk Products</b>				
Cheese (string cheese)			Pointer finger	1½ ounces
Milk and yogurt (glass of milk)			One fist	1 cup
<b>Vegetables</b>				
Cooked carrots			One fist	1 cup
Salad (bowl of salad)			Two fists	2 cups
<b>Fruits</b>				
Apple			One fist	1 medium
Canned peaches			One fist	1 cup
<b>Grains, Breads &amp; Cereals</b>				
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
<b>Meat, Beans &amp; Nuts</b>				
Chicken, beef, fish, pork (chicken breast)			Palm	3 ounces
Peanut butter (spoon of peanut butter)			Thumb	1 tablespoon