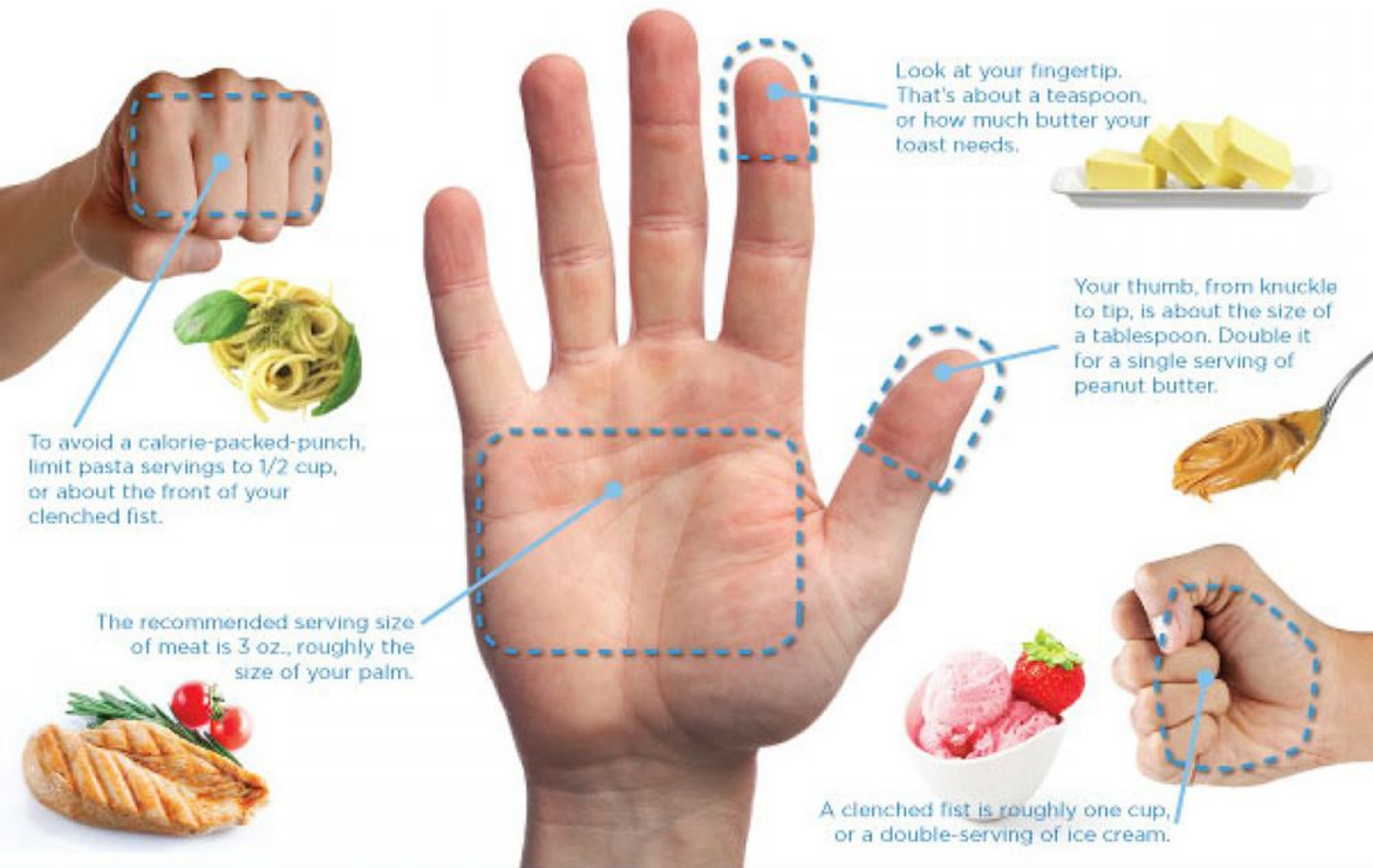


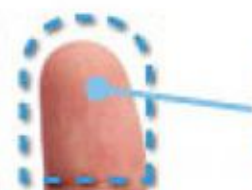
Hand Guide to Portion Control



To avoid a calorie-packed-punch, limit pasta servings to 1/2 cup, or about the front of your clenched fist.



The recommended serving size of meat is 3 oz., roughly the size of your palm.



Look at your fingertip. That's about a teaspoon, or how much butter your toast needs.



Your thumb, from knuckle to tip, is about the size of a tablespoon. Double it for a single serving of peanut butter.



A clenched fist is roughly one cup, or a double-serving of ice cream.

