


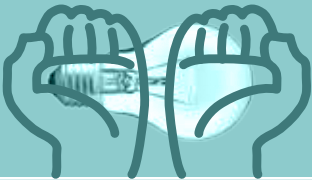
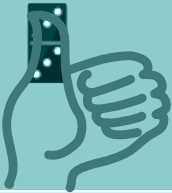



# HOW DO YOUR PORTION SIZES MEASURE UP?

If you compare portion sizes today to what they were 20 years ago you'll come to learn why our waistlines have been consistently expanding. Pre-packaged and restaurant foods are frequently served in large portions, and portion sizes just keep growing!

Let's see how your portion sizes measure up – the following chart provides recommended portion sizes for various food groups.

THE SIZE OF A	EQUIVALENT	FOODS	CALORIES
	1 cup	Rice, pasta Fruit Veggies	200 75 40
	3 ounces	Meat Fish Poultry	160 160 160
	1 ounce	Nuts Raisins	170 85
	1 ounce	Chips Popcorn Pretzels	150 120 120
	1 ounce	Peanut butter Hard cheese	170 100
	1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15