

SERVING SIZE TIPS

Being mindful of how much you eat is a very important for weight management. It's possible to eat too much of even the right foods. Learn what common items constitute a serving. Here are some visual guidelines:

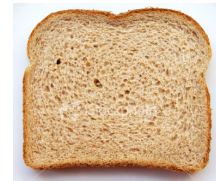
1 meat, poultry, or fish serving (3 ounces) is about the size of the palm of your hand or a deck of cards



1 cup (2 servings) of rice, pasta, or other grain-based food is the size of a baseball or your fist



1 bread serving equals one slice



1 cheese serving is about the size of your thumb



1 fruit serving is one piece of fruit, or about the size of a tennis ball



1 dairy serving fits in a single-serve yogurt container



1 fat serving is the size of four stacked dimes



One handful equals 1 ounce of nuts, pretzels, or cereal

