
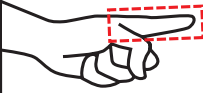






















Serving-Size Chart

FOOD	SYMBOL	COMPARISON	SERVING SIZE
Dairy: Milk, Yogurt, Cheese			
Cheese (string cheese) 		Pointer finger	1½ ounces
Milk and yogurt (glass of milk) 		One fist	1 cup
Vegetables			
Carrots 		One fist	1 cup
Kale 		Two fists	2 cups
Fruits			
Apple 		One fist	1 medium
Peaches 		One fist	1 cup
Grains: Breads, Cereals, Pasta			
Cereal (bowl of cereal) 		One fist	1 cup
Noodles, rice, oatmeal (bowl of shredded wheat) 		Handful	½ cup
Slice of whole-wheat bread 		Flat hand	1 slice
Protein: Meat, Beans, Nuts			
Chicken, beef, fish, pork (chicken breast) 		Palm	3 ounces
Peanut butter (spoon of peanut butter) 		Thumb	1 tablespoon