





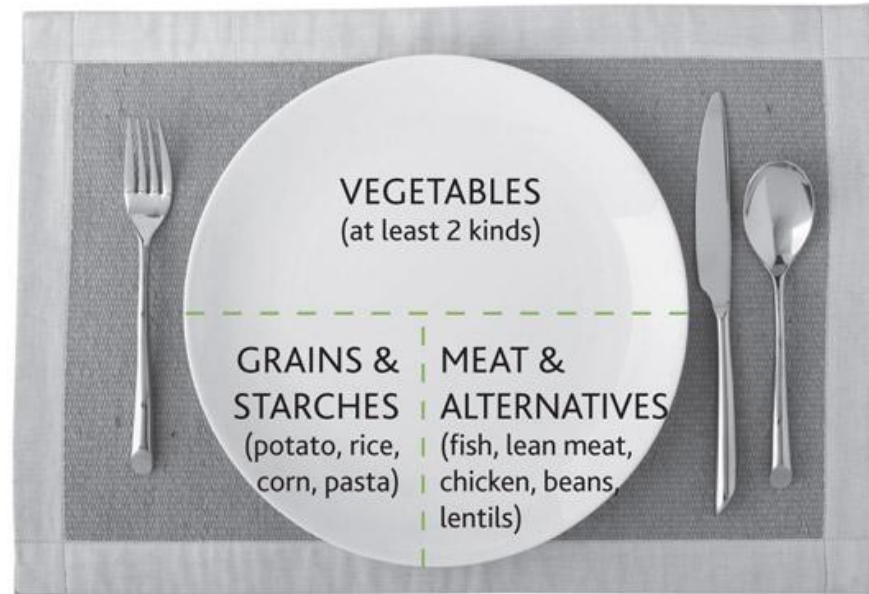


Portion Control Diagrams:

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15



CFGHE recommends for adults...	Specific food	Portion size	Looks like
Grain products	-Pasta, rice, -Bagel, bread	-125mL(1/2 cup) -1/2 small	-1/2 baseball -1 hockey puck
Vegetables	Baked potato	-1 medium	- Computer mouse
Fruit	-apple, orange -dried fruit	-1 medium -1/4 cup	-1 baseball - 1 golf ball
Meat & alternatives	-Meat, poultry, fish -beans(cooked) -nuts	-50-100g cooked -1/2-1 cup - 75 mL (1/3 cup)	-Deck of cards -1/2 -1 baseball -Cupped palm of hand
Milk	-Yogurt	-(3/4 cup)	-175mL container