










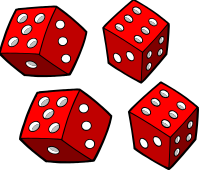



Quick Reference for Serving Sizes

In our everyday lives, we do not always have access to measuring cups and spoons for accurate measurement of serving sizes. The following chart provides examples of serving sizes compared to other common household items, as well as one's hand.

| | | |
|-----------------------|--|---|
| 1 teaspoon |  (single die) |  (tip of thumb) |
| 1 Tablespoon |  (full thumb) |  (1/2 golf ball) |
| 3 ounces (meat/fish) |  (palm of hand) |  (card deck) |
| 1 cup (fruit/veg) |  (closed fist) |  (baseball) |
| 1/2 cup (grains) |  (cupped palm incl. fingers) |  (tennis ball) |
| 1 ounce (snack foods) |  (cupped palm) | |
| 1 ½ ounces (cheese) |  (4 dice) |  (2 dominos) |