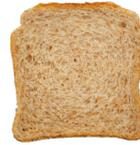


What's a Portion Size?



1/2 Cup Raw or Cooked Vegetables

Size of 2 Golf Balls



1 Slice of Whole Wheat Bread

Size of a CD or DVD



3 oz. Cooked Meat/Poultry

Size of a Deck of Cards



1/2 Cup Whole Wheat Pasta

Size of 2 Golf Balls



3 oz. Grilled or Broiled Fish

Size of a Dollar Bill



1 Cup Leafy Vegetables

Size of a Tennis Ball



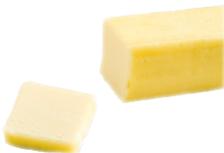
1.5 oz. Cheese

Size of 2 9-Volt Batteries



1 Cup Fat-Free or Low-Fat Milk

Size of a Pint Carton of Milk



1 Teaspoon Butter

Size of a Die



1/2 Cup Fresh Fruit

Size of 2 Golf Balls



2 Tablespoons Peanut Butter

Size of a Ping Pong Ball



1 Cup Whole Grain Cereal

Size of a Tennis Ball