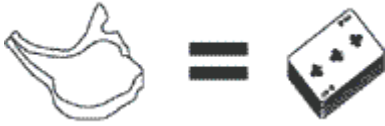


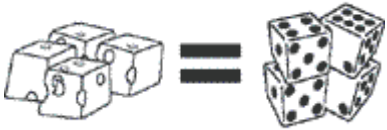
PORTION CONTROL



Three ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.



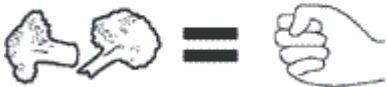
A medium apple or peach is about the size of a tennis ball.



One ounce of cheese is about the size of four stacked dice.



One-half cup of ice cream is about the size of a racquetball or tennis ball.



One cup of mashed potatoes or broccoli is about the size of your fist.



One teaspoon of butter or peanut butter is about the size of the tip of your thumb.