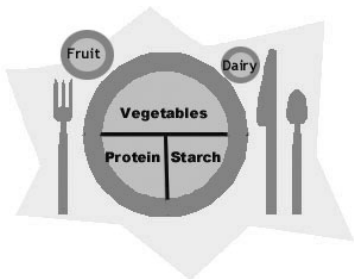


HOW BIG IS ONE SERVING?

When sitting down to a well-balanced meal, your plate should look like this:



Use household items to compare one serving size to.

Fruits & Vegetables

Fresh
Frozen
Canned



(A Light bulb)

Protein

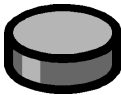


Fish
Meat
Poultry

(A Deck of Cards)

Starch

Rice
Pasta
Bread
Potato



(A Hockey Puck)

Fat



(One Die)

Oil
Salad dressing
Butter

Dairy



(1/2 Cup)

Milk
Cheese
Yogurt



(3 Dominos)