

# NEED A HAND WITH PORTION CONTROL?

FRONT OF YOUR FIST IS ABOUT A 1/2 CUP



COOKED VEGETABLES



DICED FRUITS

PALM IS 3-4oz



SALTY SNACKS

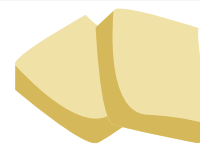


LEAN PROTEINS



WHOLE GRAINS

ABOUT 1 TEASPOON



OIL, BUTTER, OR MARGARINE



DAILY SALT INTAKE

ABOUT 2 TABLESPOONS



CONDIMENTS & DRESSINGS



NUT BUTTERS

ABOUT 1 CUP



LEAFY GREENS



SOUP



COOKED PASTA