

SOLVE THE PORTION PUZZLE



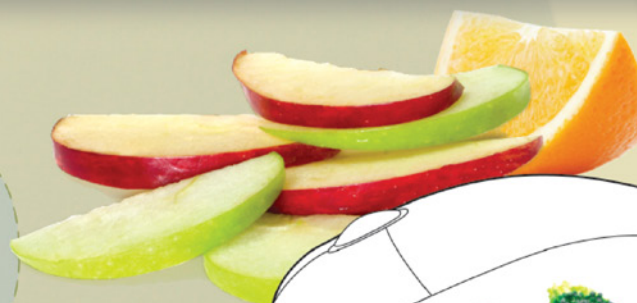
1 oz serving of
walnuts
= a handful



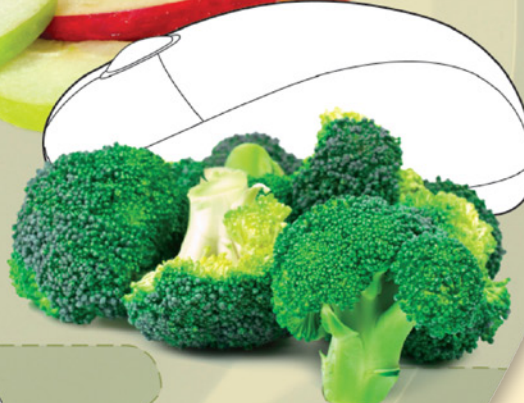
Use your eye for portion size



1/2 cup of
**cooked
pasta**
= 1/2 of a baseball



1/2 cup of **fruits.
OR
veggies**
= a computer mouse



3 oz serving of
chicken
= a deck of cards



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