

OBSERVING YOUR SERVING

In this world of super-sized meals, it's hard to know exactly how big a serving size really is.

This handy guide will help you use everyday items to determine the appropriate proportion of your portion.

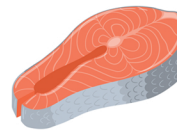


1 serving of meat or poultry

=



A deck of cards

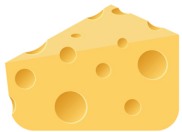


1 serving of fish

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A checkbook



1 serving of cheese

=



Six Dice



1 serving of peanut butter

=



A ping-pong ball



1 serving of ice cream

=



A tennis ball



1 serving of baked potato

=



A computer mouse



1 serving of dried fruit or nuts

=



A golf ball



1 serving of pancakes

=



A compact disc



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