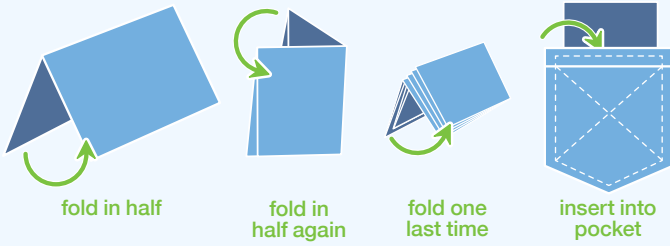
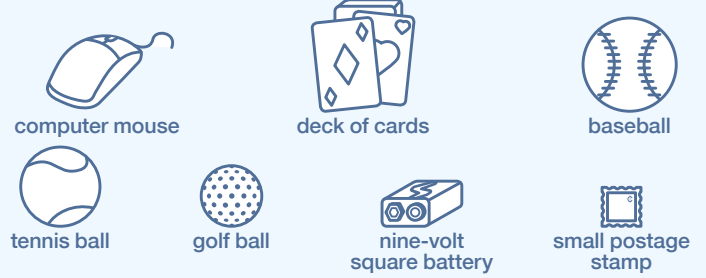


portion size you can visualize: an on-the-go guide to smarter eating.

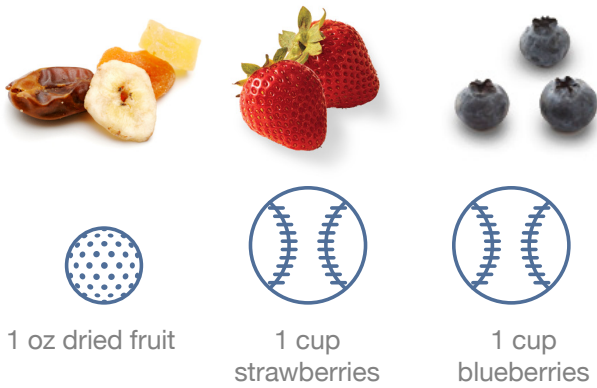
folding instructions



visualization key



fruits

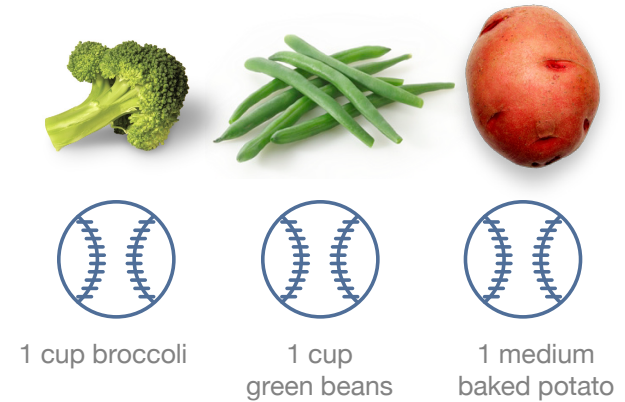


1 oz dried fruit

1 cup strawberries

1 cup blueberries

vegies



1 cup broccoli

1 cup green beans

1 medium baked potato

dairy



1 & 1/2 oz cheese

1 cup milk

1/2 cup frozen yogurt

meat, nuts and beans



3 oz cooked chicken

2 tbsp peanut butter

1/2 cup cooked beans

fats and oils



1 tsp butter

1 tsp vegetable or olive oil

1 tbsp salad dressing

grains



1 cup cold cereal

1/2 cup cooked rice

1 whole grain muffin