



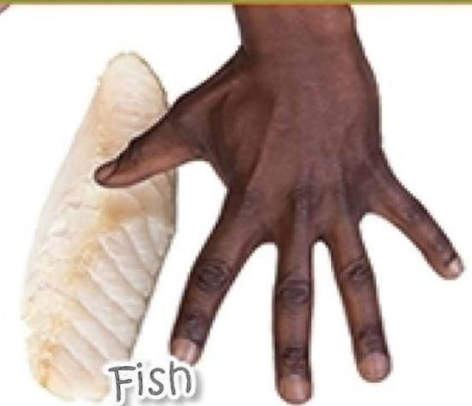
Chocolate

a healthy portion is the size of your index finger.



Berries & Small Fruit

a healthy portion is at least the amount you could hold in your two cupped hands.

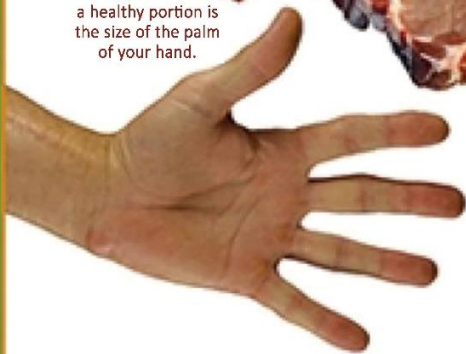


Fish

a healthy portion is the size of your hand, including your fingers.

Meat

a healthy portion is the size of the palm of your hand.



Potato

a healthy portion is the size of your fist.

Healthy Portion Sizes

Portion sizes are increasing. We all need to make sure we are not eating too much food. Portion sizes that are too big make us heavy and unhealthy.



Pasta

a healthy portion is the size of your fist



Vegetables



a healthy portion is at least the size of your fist.



Cheese

a healthy portion is about the size of two of your fingers



Nuts

a healthy portion is the amount you can hold in a cupped palm.