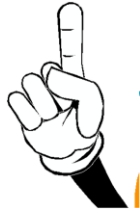


Estimating Portion Sizes

1 teaspoon = Tip of Your Index Finger



1 Tablespoon = Size of Your Thumb



2 Tablespoons = Ping Pong Ball



½ cup = Top of Light bulb



1 cup = Tennis Ball or Small Fist



1 Bread serving = size of a CD



1 Serving of meat/chicken = Deck of Cards



1 cheese serving = 2 fingers

