



Get Fit - Stay Fit

RULE OF THUMB...for a healthy portion size

One healthy serving size is equivalent to the size of your hand

(based on an average-sized woman's hands)

FRUITS



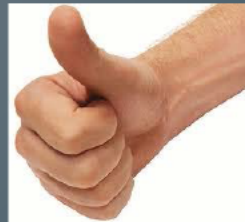
Size of
your fist

MEATS AND ALTERNATIVES



Size of
your palm

FATS, OILS, SWEETS



Size of your
thumb

VEGETABLES



Size of
your two
hands
cupped
together

BREADS AND GRAIN PRODUCTS



Size of
your fist