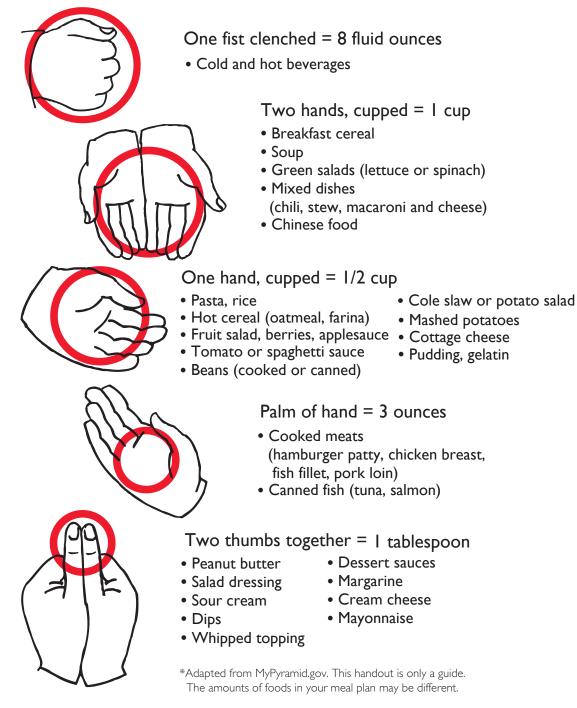
PORTION SIZES WHEN YOU CAN'T MEASURE YOUR FOOD

Your Helpful Hands...

The best way to find out how much of a food you are eating, or your portion size, is to use measuring cups, spoons or a scale. Sometimes, such as when you eat out, you can't do this. Here are a number of ways you can use your hands to help you find out about how much you are eating. * The portion sizes in each food group use an adult *woman's* hand as a guide.



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