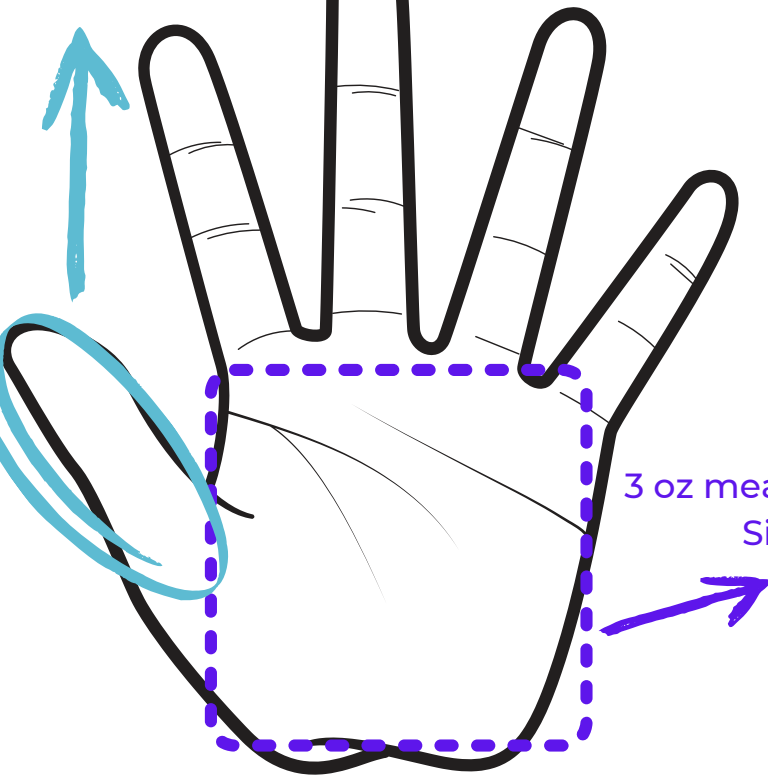


1 oz cheese,  
or meat, size  
of thumb



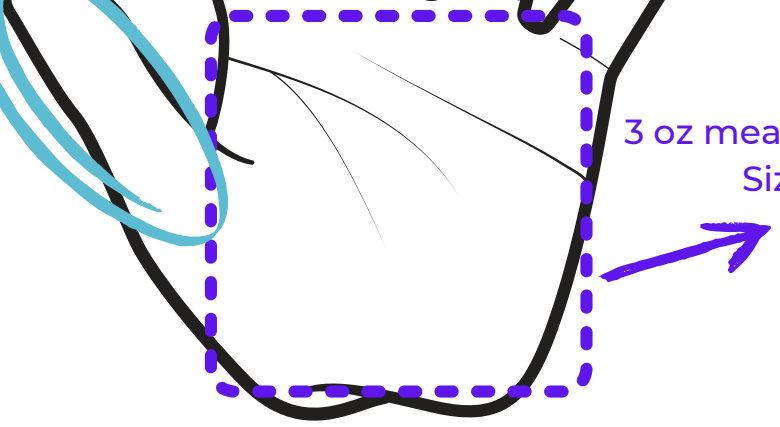
1 cup or 1 medium fruit,  
size of fist



1 tablespoon=  
size of tip of thumb



3 oz meat, fish, or poultry.  
Size of palm



1-2 ounces nuts or pretzels,  
size of cupped hands



1 teaspoon=  
size of finger tip joint to top

