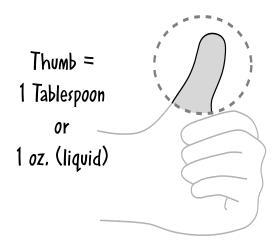
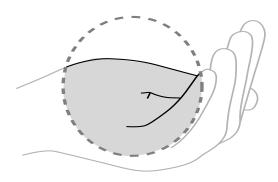
## **Portion Sizes**



Closed Fist = 1 Cup





Handful = 1 or 2 oz (dry) Snackfood



Palm = 3 oz. 1 cooked serving of Chicken, Fish or Meat

