HELPING HAND FOR HEALTH



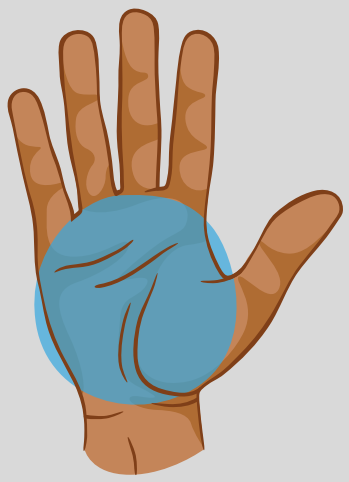
USE YOUR HAND TO ESTIMATE HOW MUCH FOOD TO EAT FOR MEALS AND SNACKS

A CUPPED HAND
(½ CUP)



- ✓ Starchy foods such as cooked pap, samp, rice, potato, sweet potato and pasta

THE PALM OF YOUR HAND
(90G COOKED)



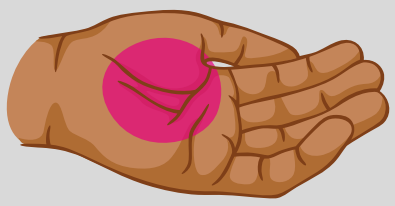
- ✓ Skinless chicken, baked or grilled fish or lean meat

TWO CUPPED HANDS
(1 CUP)



- ✓ Cooked or raw vegetables
- ✓ Grapes or berries
- ✓ Cooked dry beans, split-peas or lentils

A SMALL HANDFUL
(¼ CUP)



- ✓ Raisins
- ✓ Other dried fruit (2 – 3 pieces)
- ✓ Nuts

A CLENCHED FIST
(1 CUP)



- ✓ Whole fruit (1 medium or 2 smaller pieces, for instance plums, apricots or figs)

A THUMB
(ONE TABLESPOON = 3 TEASPOONS)



- ✓ Hard cheese or peanut butter

A TIP OF THUMB
(ONE TEASPOON)



- ✓ All oils, margarine or mayonnaise

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