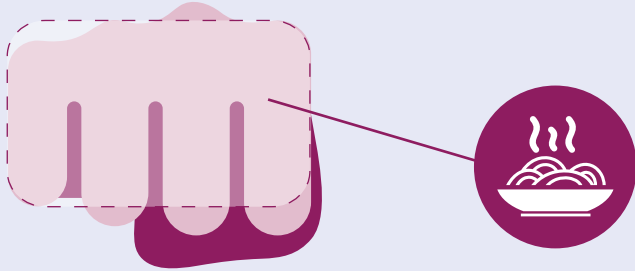


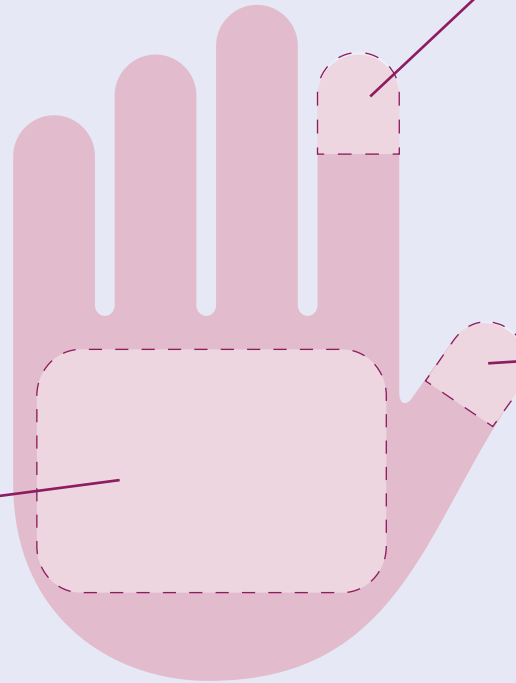
HAND GUIDE TO PORTIONS



The recommended **pasta serving** is 1/2 cup, or roughly **the front of your clenched fist**.



Your **fingertip** is about a teaspoon of **butter** - all the butter your toast needs.



The recommended 3 oz. serving size of **meat** is roughly **the size of your palm**.

Your **thumb**, from knuckle to tip, is roughly the size of a tablespoon. Double it for a single serving of **peanut butter**.



A **clenched fist** is roughly one cup, a **double serving of ice cream**.

