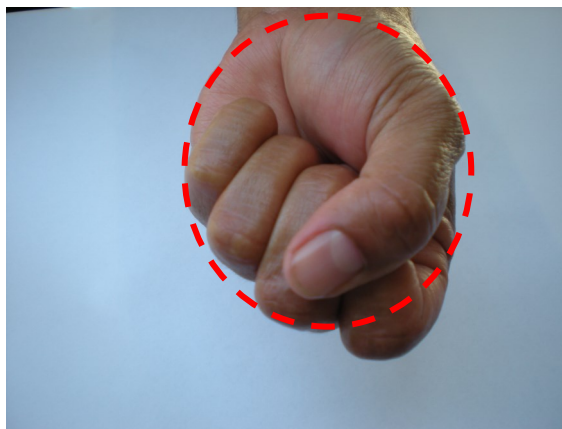


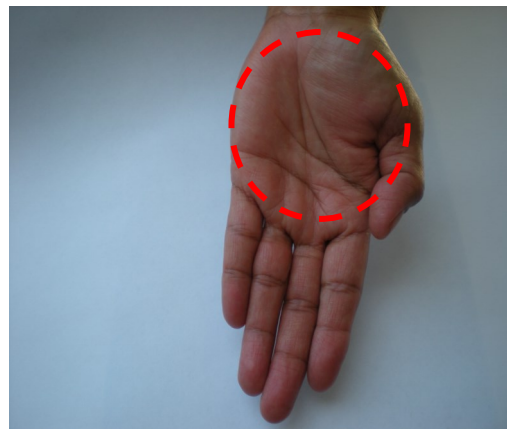


Handy Serve Sizes



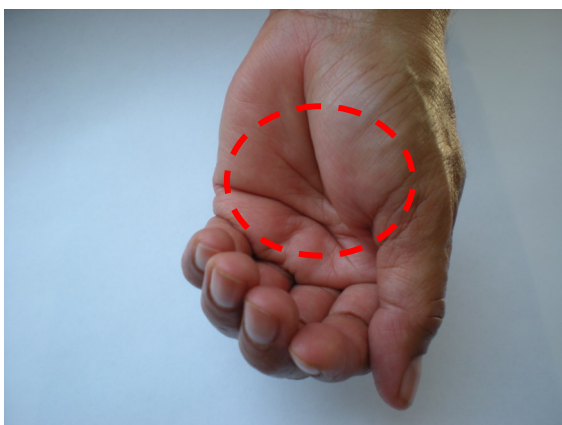
1 fist \approx 1 cup

- 1 serve of fruit
- 1 serve of cooked rice



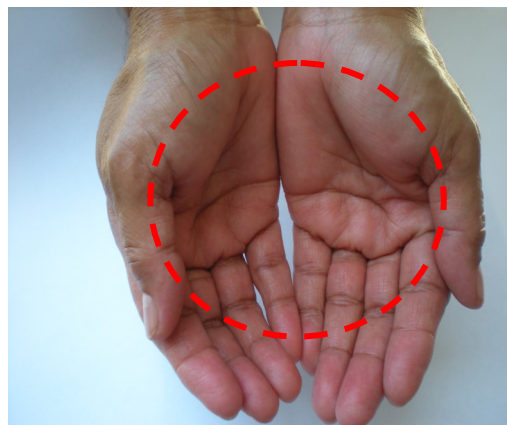
1 palm size and as thick as the palm of your hand \approx 100 grams

- 1 serve of meat OR 1 serve of chicken OR 1 serve of fish



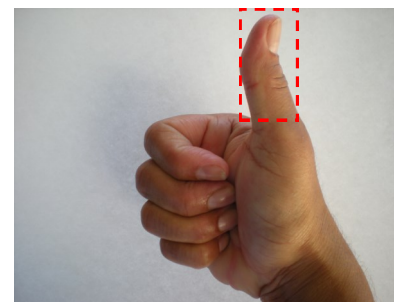
1 handful \approx 30 grams

- 1 serve of nuts
- 1 serve of dried fruit



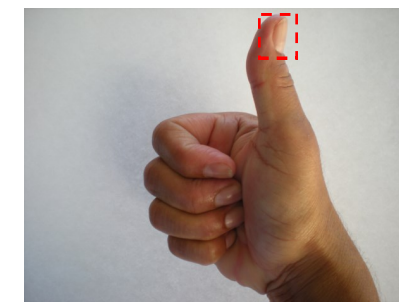
2 handfuls \approx 1 Cup

- 2 serves of cooked vegetables
- 1 serve of salad



1 thumb \approx 30 grams

- 1 serve of cheese



1 Thumb tip \approx 1 teaspoon

- Sugar
- Oil
- Margarine