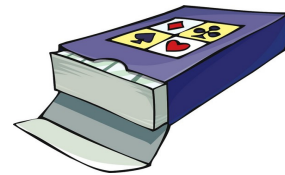


**DON'T BE TRICKED
BY...**

PORTION DISTORTION

Here are the proper portion sizes:

**A Slice of Cake
A Serving of Meat (Hamburger, Fried
Chicken, etc.)= Size of a Deck of Cards**



**1 Cup of Cooked Pasta, Popcorn, 1 cup of
Cooked Vegetable or Raw Salad =
Circumference of Baseball**

**1/2 Cup of Cooked Rice, 1/2 Cup of
Ice-cream= Size of a Stress ball**



**A cookie or Brownie= Size of a Dental Floss
Package**



**1 serving of ribs, Burrito or Nachos,
Hero Sandwich = Size of a Checkbook**



1 Waffle or Pancake= Size of a CD