

s a general rule, eating a low fat diet that is higher in fruits and vegetables is the key to maintaining a healthy weight. Use these pictures to get a better idea of what a serving size really looks like for some common foods. You may be surprised!



A serving of peanut butter is the size of two thumb tips.



A serving of meat is the size of a deck of cards.



A serving of dried fruit or nuts is the size of a golf ball or large egg.



A serving of baked potato is the size of a computer mouse.



A serving of pancakes or waffles is the size of a CD.



A serving of fruit or vegetables is the size of a woman's fist or a baseball.



A serving of cooked rice, pasta, or snacks like chips or pretzels, is the size of a rounded handful.

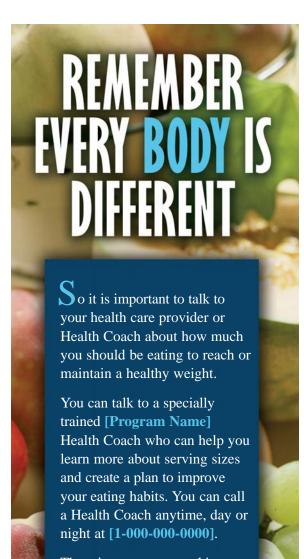


A serving of cheese is the size of two dominos or six dice.



A serving of milk or soy milk is the size of a standard yogurt container.

[Insert Plan Logo]



There is no cost to use this service and you can call as often as you like. You can also create a personalized nutrition plan using the HealthMedia<sup>®</sup> Nourish™ program. To access this and other healthy living programs visit our Web site at [website].

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