

Aim for fitness

- Aim for 30 minutes of moderate physical activity most days of the week

Build a healthy base

- Let the pyramid guide all your food choices

Choose sensibly

- Eat a variety of fruits, vegetables and whole grains every day



The secret to
serving size
is in
your hand.

A fist or cupped hand = 1 cup



- 1 serving = $\frac{1}{2}$ cup cereal, cooked pasta or rice
or 1 cup of raw, leafy green vegetables
or $\frac{1}{2}$ cup of cooked or raw, chopped vegetables or fruit

A thumb = 1 oz. of cheese

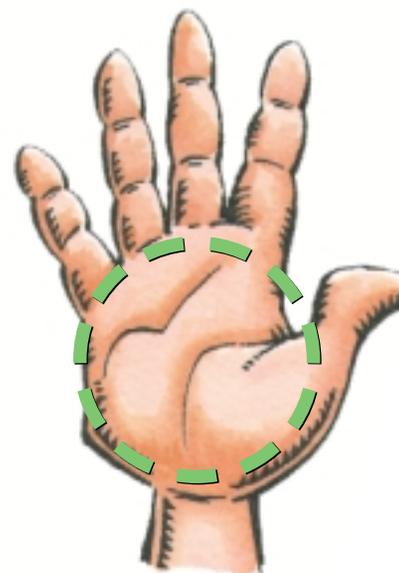
Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group. 1 $\frac{1}{2}$ - 2 oz. of low-fat cheese counts as 1 of the 2-3 daily recommended servings.



Handful = 1-2 oz. of snack food



Snacking can add up. Remember, 1 handful equals 1 oz. of nuts and small candies. For chips and pretzels, 2 handfuls equals 1 oz.

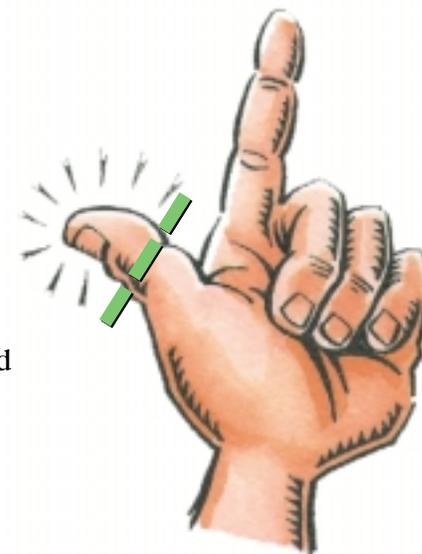


Palm = 3 oz. of meat

Two servings, or 6 oz., of lean meat (poultry, fish, shellfish, beef) should be a part of a daily diet. Measure the right amount with your palm. One palm size portion equals 3 oz., or one serving.

Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum by measuring the serving with your thumb. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.



1 tennis ball = 1 serving of fruit

Healthy diets include 2-4 servings of fruit a day.

Because hand sizes vary, compare your fist size to an actual measuring cup.