



Choose healthy serving sizes to stay a healthy weight.

No matter how you say it, most people put way too much on their plates and eat too much food. When you watch how much you eat you stay at a healthy weight.

Eat 6 (s) 29, 6) 5(r)-33(w)-12(in) 8(gs) 2-316(v) 4(e) 5(r)-33(y d)-4(a) 13(y) 75(.)]TJ ET EMC /Span <</M

A serving equals:

1 slice bread

1/2 English muffin, small bagel, or hamburger bun

6-inch corn or flour tortilla

1 cup ready-to-eat cereal (size of a large handful)

1/2 cup cooked pasta or rice



is is 1 cup of spagehetti. It's the size of a fist and counts as 2 servings.

Is this how much you eat?