

## **A**im for fitness

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

## **B**uild a healthy base

- Let the pyramid guide all your food choices

## **C**hoose sensibly

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



*In partnership with*



**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

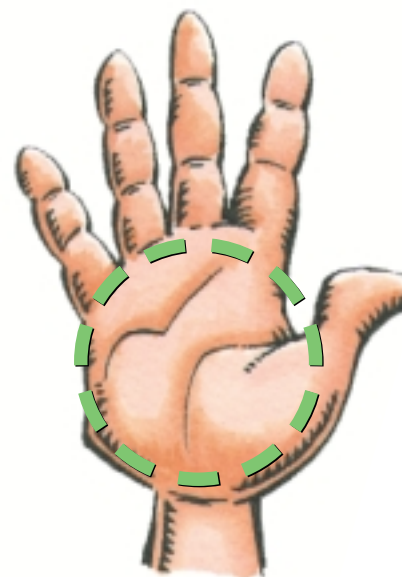
Consuming low-fat cheese is a good way to help you meet the required servings from the milk, yogurt and cheese group. 1  $\frac{1}{2}$  - 2 oz. of low-fat cheese counts as 1 of the 2-3 daily recommended servings.



## 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.

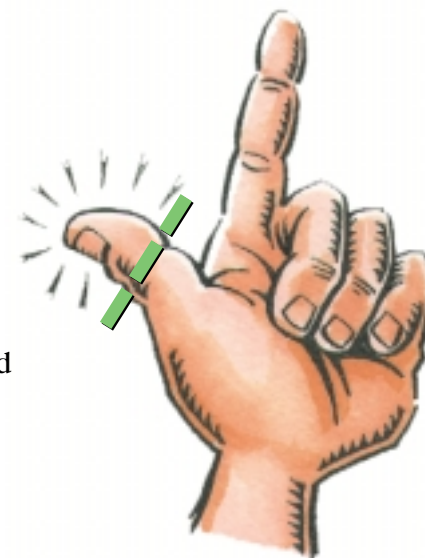


## Palm = 3 oz. of meat

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.*