
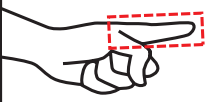



















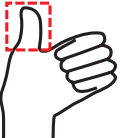

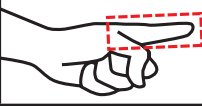

















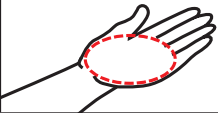

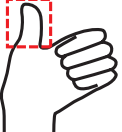


Serving-Size Chart

FOOD	SYMBOL	COMPARISON	SERVING SIZE
Dairy: Milk, Yogurt, Cheese			
Cheese (string cheese)			Pointer finger 1½ ounces
Milk and yogurt (glass of milk)			One fist 1 cup
Vegetables			
Cooked carrots			One fist 1 cup
Salad (bowl of salad)			Two fists 2 cups
Fruits			
Apple			One fist 1 medium
Canned peaches			One fist 1 cup
Grains: Breads, Cereals, Pasta			
Dry cereal (bowl of cereal)			One fist 1 cup
Noodles, rice, oatmeal (bowl of noodles)			Handful ½ cup
Slice of whole-wheat bread			Flat hand 1 slice
Protein: Meat, Beans, Nuts			
Chicken, beef, fish, pork (chicken breast)			Palm 3 ounces
Peanut butter (spoon of peanut butter)			Thumb 1 tablespoon

Gráfica de Comparación de Porciones

ALIMENTO	SÍMBOLO	COMPARACIÓN	PORCIÓN
Lácteos: Leche, Yogur, Queso			
Queso (queso para deshebrar)			Dedo índice 1½ onzas
Leche y yogur (vaso de leche)			Un puño 1 taza
Verduras			
Zanahorias cocidas			Un puño 1 taza
Ensalada (tazón de ensalada)			Dos puños 2 tazas
Frutas			
Manzana			Un puño 1 mediana
Duraznos enlatados			Un puño 1 taza
Granos: Panes, Cereales, Pasta			
Cereal seco (tazón de cereal)			Un puño 1 taza
Fideos, arroz, avena (tazón de tallarines)			Puñado ½ taza
Rebanada de pan integral			Mano extendida 1 rebanada
Proteína: Carne, Frijoles, Nueces			
Pollo, carne, pescado, puerco (pechuga de pollo)			Palma 3 onzas
Crema de cacahuete (cucharada de crema de cacahuete)			Pulgar 1 cucharada