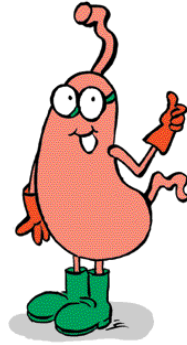
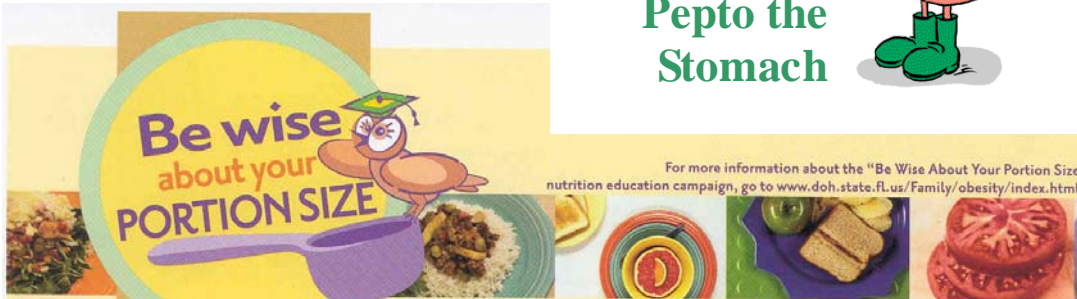


Health Tip Of The Month: Make Every Portion Size OrganWise!



Pepto the
Stomach



One Portion
Looks Like:



1 cup cereal (1 ounce from Grains Group)
= size of a baseball



1 slice bread (1 ounce from Grains Group)
= size of a computer disk



1/2 cup cooked pasta (1 ounce from Grains Group)
= size of a small computer mouse



1 cup chopped vegetables = size of a baseball



1 cup chopped fruit = size of a baseball



1 teaspoon margarine = size of 1 die



1 1/2 ounces of natural cheese = size of 4 dice



1 cup milk = size of small milk carton



2 tablespoons light salad dressing = size of a golf ball



3 ounces lean meat, fish, or poultry = size of a deck of cards



1/2 cup cooked dry beans (2 ounces from Meat & Beans Group)
= size of a small computer mouse



2 tablespoons peanut butter (2 ounces from Meat & Beans Group)
= size of a golf ball