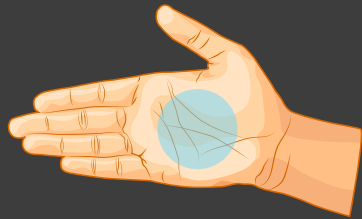
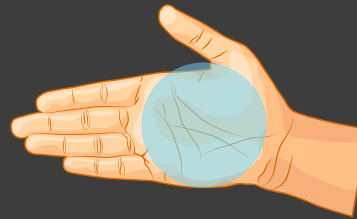




# Estimating Portion Sizes



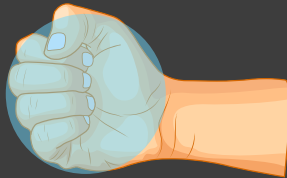
1 oz.



3 oz.



$\frac{1}{2}$  cup



1 cup



1 tsp.



1 tbsp.