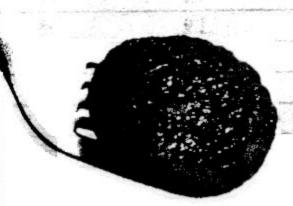
PORTION SIZE GUIDELINES

HOW MANY SERVINGS A DAY?

The Food Guide Pyramid recommends the servings from the Meat, Poultry, Fish, Dieggs and Nuts group be limited to about to three servings per day, or the equivale of five to seven ounces.

WHAT COUNTS AS A SERVING?



A serving is defined as two to three ounce of cooked lean meat, poultry or fish. Estimour ounces of boneless, trimmed and sk three ounces of cooked meat, fish or pour of cooked dry beans, one egg or two table peanut butter count as one ounce of lean

THE THREE-OUNCE RULES OF THUMB

 A three-ounce cooked serving is about the same size as a deck of cards.