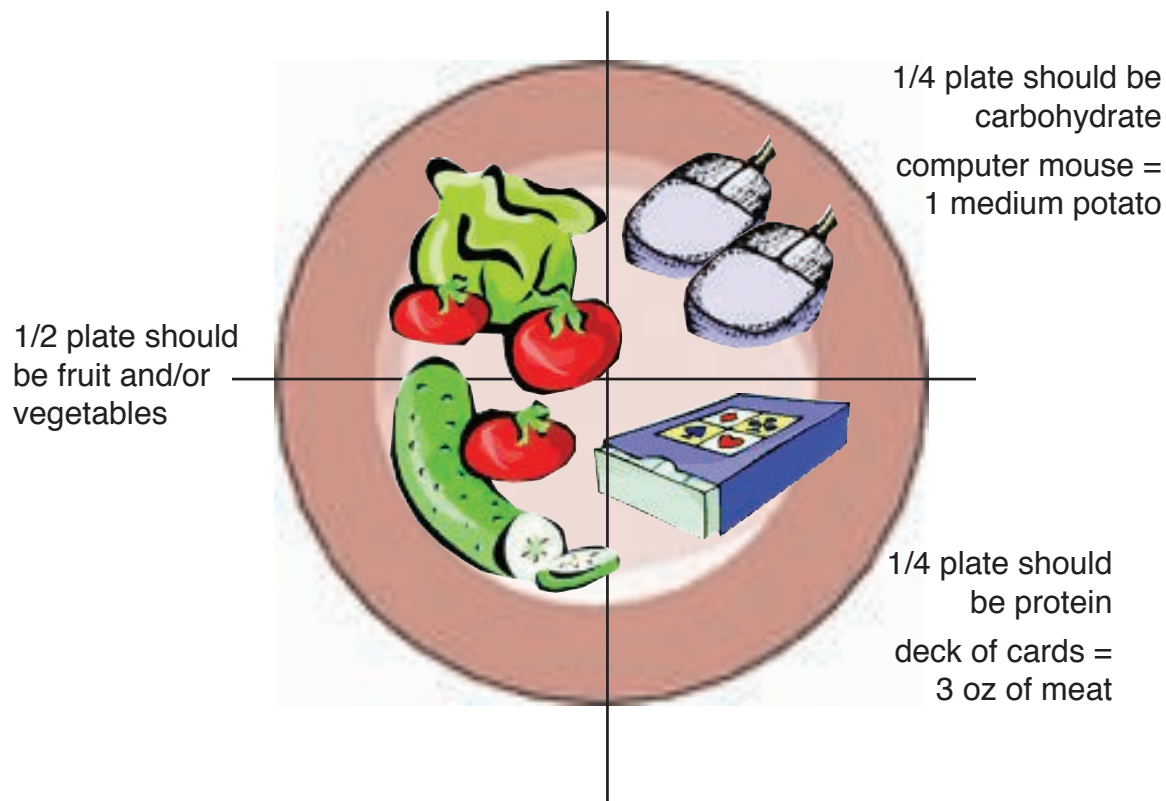


Portion Control Tips from Kim Bensen



OTHER VISUALIZATION IDEAS TO HELP WITH PORTION CONTROL



4 dice =
1 ounce of cheese



baseball (no, not a softball) = 1 serving of fruit or vegetables or 1 cup pasta



ping pong ball =
2 tbsp peanut butter



golf ball =
1/4 cup sour cream



hockey puck =
one (average)
3 oz bagel



tennis ball = 1 ounce of cereal = 1 serving
(Contrary to popular belief, a serving is not whatever fits in your cereal bowl.)



cd (or a dvd if you prefer) = 1 serving of pancake or waffle

By the way, if you're eating spaghetti, 1 serving = 1/2 cup or 1 carb = about 32 strands.
Go ahead, count!