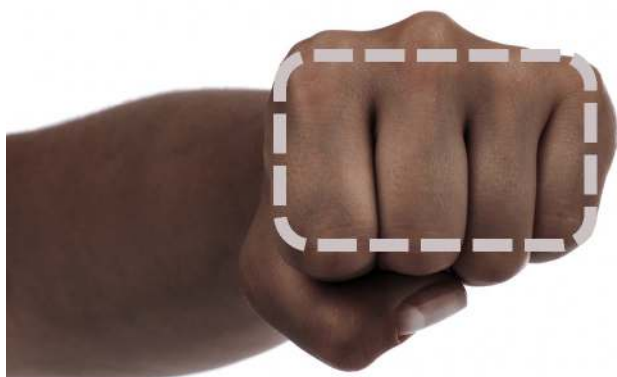
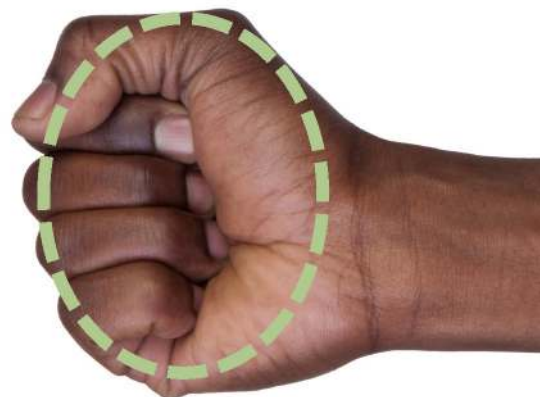


# Hand Guide to Portion Control

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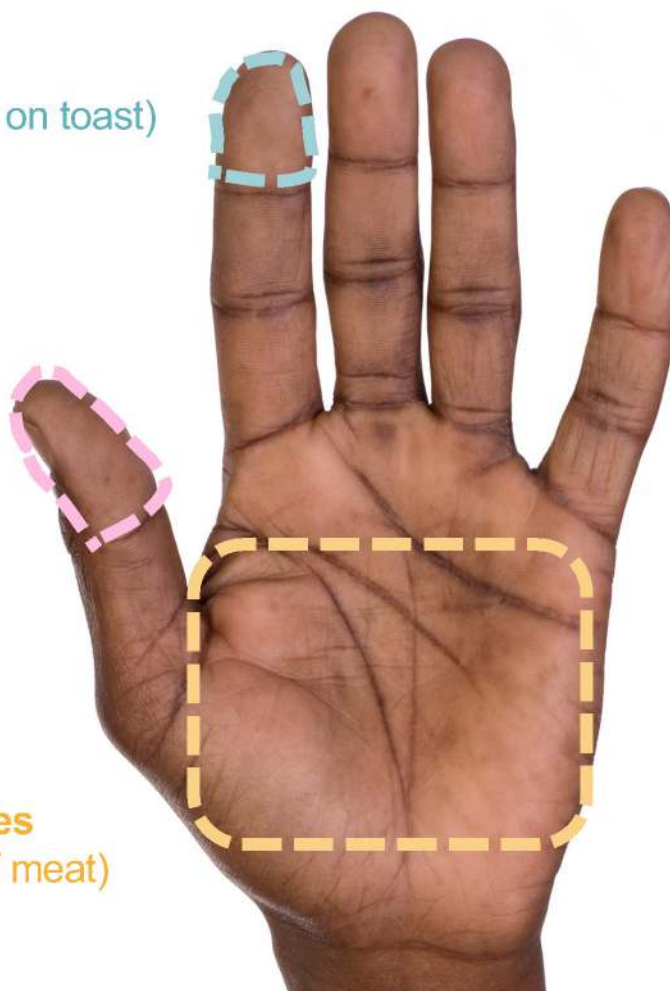
**About 1/2 cup** (one serving of pasta or rice)



**About 1 cup**  
(one serving of vegetables)

**About 1 teaspoon**  
(one serving of butter on toast)

**About 1 TBSP**  
(double it for one serving  
of peanut butter)



**About 3 ounces**  
(one serving of meat)

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