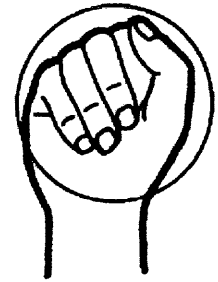


Do the Hand Jive!!!

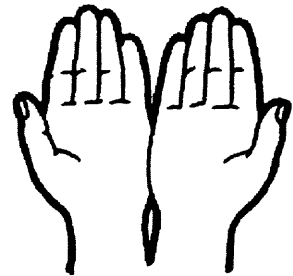
How much starch should you eat?

- Have a starch food with every meal
- Size of your fist for your main meal



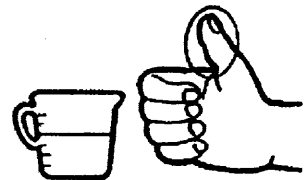
How many vegetables and fruits should you eat?

- Include a fruit with breakfast
- Include two or more vegetables at lunch and dinner, and fruit if you'd like
- Choose a fruit or vegetable for a snack
- Hold your two hands together and overfill them with vegetables and fruits and you will have a good daily amount



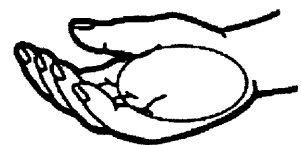
How much milk and calcium-rich food should you eat?

- At every meal, try to include 1-2 servings of low-fat calcium-rich foods
- For a serving, have a half to one cup of milk or yogurt, a bowlful of vegetable like cabbage, or a thumb-size amount of a solid food like cheese, nuts or tofu



How much protein should you eat?

- Size of the palm of your hand for your main meal
- For women, this usually means about 3-5 ounces of cooked meat or other protein, and for men, about 4-7 ounces
- Smaller portions at other meals



How much fat should you eat at your meal?

- The added fat should not be more than the end of your thumb (1-2 teaspoons)
- This includes fat added during cooking as well as the table
- If you choose a low-fat product like low-fat sour cream, you can have a bit more

