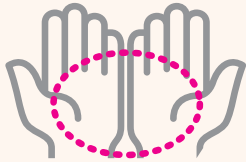


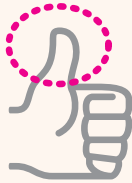
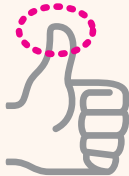


# CLEAN EATING

## PORTION CHART

Hand Symbol	Equivalent	Foods
	2 PALMS (2 CUPS)	SALAD
	FIST (1 CUP)	VEGGIES, FRUIT, COOKED QUINOA, BEANS
	HANDFUL (1 OZ.)	NUTS, DRIED FRUIT (RAISINS, CRANBERRIES)
	THUMB (1 OZ.)	DRESSINGS, NUT BUTTERS
	THUMB TIP (1 TBSP.)	OILS