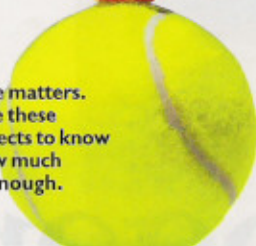


Get portion smart



Keep meals in check by storing a handy portion basket on your

kitchen counter. All you need is a golf ball for nuts and shredded cheese, a deck of cards for 3 ounces of poultry, pork or beef, a die for oils and fats, a tennis ball for fruits and veggies and a computer mouse for potatoes and cooked grains. When preparing meals, eyeball the items to prevent portion distortion. Bon



Size matters.
Use these objects to know how much is enough.