



*fit*CLUB

Portion Match *fit*Cards

fit

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You are ...



1 handful



Find ...



1/2 cup raw or cooked
vegetables

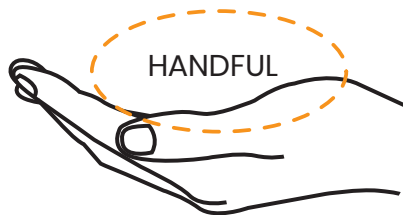
You are ...



1/2 cup raw or cooked
vegetables



Find ...



1 handful

You are ...



1 palm



Find ...



Whole grain crackers

You are ...



Whole grain crackers



Find ...



1 palm

You are ...



1 palm



Find ...



3 oz. grilled chicken

You are ...



3 oz. grilled chicken



Find ...



1 palm

You are ...



1 palm



Find ...



3 oz. grilled or broiled fish

You are ...



3 oz. grilled or broiled fish



Find ...



1 palm

You are ...



1 handful



Find ...



1/2 cup whole wheat pasta

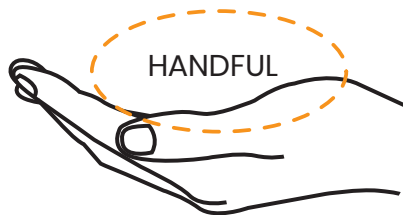
You are ...



1/2 cup whole wheat pasta

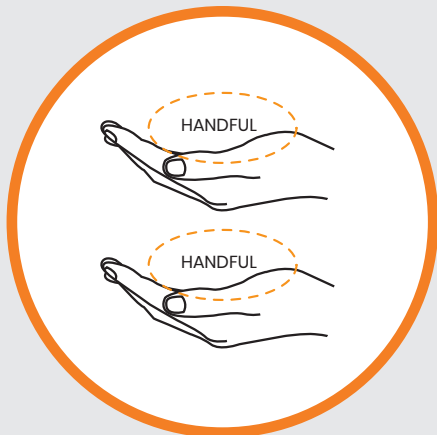


Find ...



1 handful

You are ...



2 handfuls



Find ...



1 cup leafy vegetables

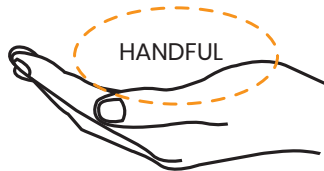
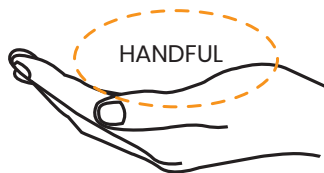
You are ...



1 cup leafy vegetables



Find ...



2 handfuls

You are ...



1 fist



Find ...



1 cup milk

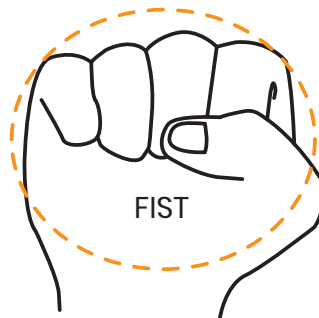
You are ...



1 cup milk



Find ...



1 fist

You are ...



thumb



Find ...



1.5 oz. cheese

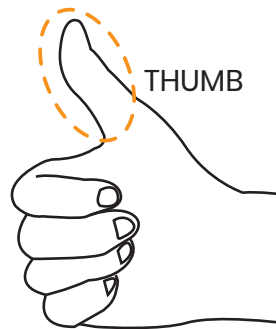
You are ...



1.5 oz. cheese



Find ...



thumb

You are ...



1 handful



Find ...



1/2 cup fresh fruit

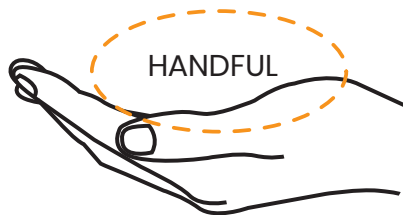
You are ...



1/2 cup fresh fruit



Find ...



1 handful

You are ...



thumb

Find ...



2 tablespoons peanut butter

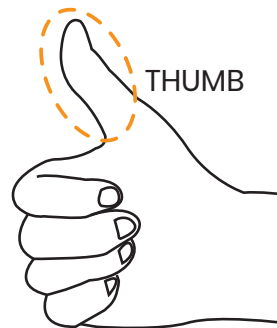
You are ...



2 tablespoons peanut butter

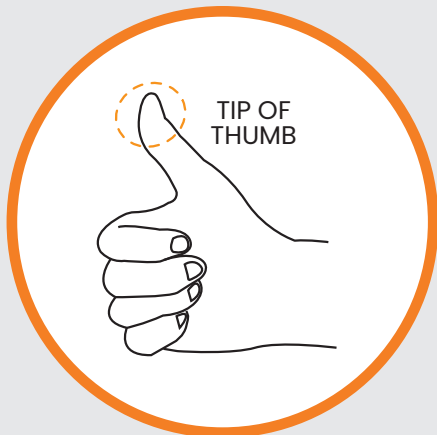


Find ...



thumb

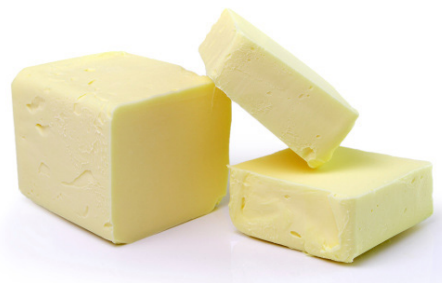
You are ...



tip of thumb



Find ...



1 teaspoon butter

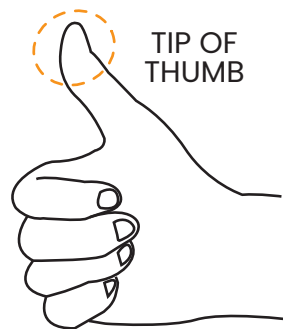
You are ...



1 teaspoon butter



Find ...



tip of thumb

You are ...



1 fist



Find ...



1 cup whole grain cereal

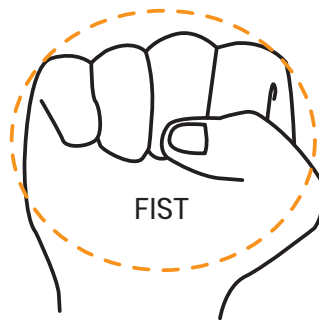
You are ...



1 cup whole grain cereal



Find ...



1 fist