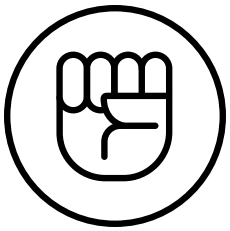
SERVING SIZE CHEAT SHEET



Fist

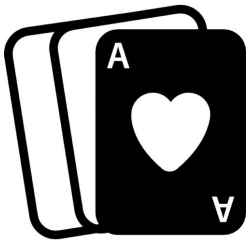
1 Cup = Fruits & Veggies

Palm

3/4 cup = Proteins

Lightbulb

1/2 cup = Starches & Carbs



Playing card

1/3 cup = Healthy fats

Ping pong ball

2 tbsp = Seeds & dressings

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