

A  
HANDY GUIDE TO  
**SERVING SIZES**

One serving is how much you should eat for the day. Any more, and you may be eating an additional meal!

**RAW NUTS & RAISINS**

**1.5oz** - Heaping layer of nuts on palm



**FLAVORED NUTS**

Salted, seasoned, or chocolate covered

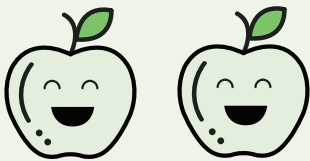
**1 oz** - Single layer of nuts on palm



**LARGE DRIED FRUIT**

Mangos, apricots, pineapple rings

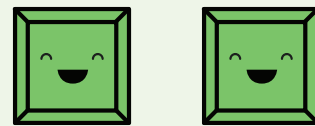
**2 pieces**



**CHOCOLATE**

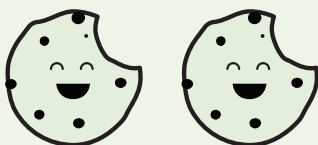
Individual chocolate & peanut butter cups

**2 pieces**



**COOKIES**

**2 pieces**



**CHIPS**

**8-10 chips**

