







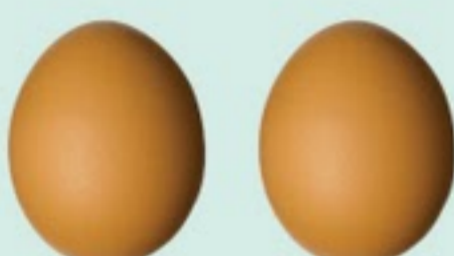







Object	Hand Symbol	Equivalent	Foods
		<p><b>Fist</b> 1 Cup (baseball)</p>	<p>Rice, Pasta Fruit Veggies</p>
		<p><b>Palm</b> 1/2 cup (tennis ball)</p>	<p>Medium Fruit, Ice Cream</p>
		<p><b>Palm</b> 3 ounces (deck of cards)</p>	<p>Meat Fish Poultry</p>
		<p><b>Handful</b> 1 ounce (1 large egg)</p>	<p>Nuts Raisins</p>
		<p><b>2 Handfuls</b> 1 ounce (2 large eggs)</p>	<p>Chips Popcorn Pretzels</p>
		<p><b>Thumb</b> 1 ounce (ping pong ball)</p>	<p>Peanut Butter Hard Cheese</p>
		<p><b>Thumb Tip</b> 1 teaspoon (marble)</p>	<p>Cooking Oil Mayonnaise, Butter Sugar</p>