

# The Secret to Portion Control Is in Your Hands

## Healthy Portions for Any Size and Age!

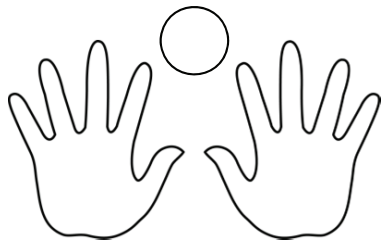
Did you know that your HANDS hold the *Secret* to knowing how much food is just right for you?

Let's make Hand Prints to see how much is just right for you.

1. Write your name and age on this sheet.
2. Place your hands (fingers slightly apart) in the box.
3. Ask someone who is 10 years or older to draw an outline of your hands.
4. Draw a circle between your hands.
5. Turn this sheet over to reveal the secret.

My Name is: \_\_\_\_\_

I am \_\_\_\_\_ years old.



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## Healthy Portions for Any Size and Any Age

Secrets:

PALM (diameter, height)

Healthy Portion for Starch

Healthy Portion for Meats

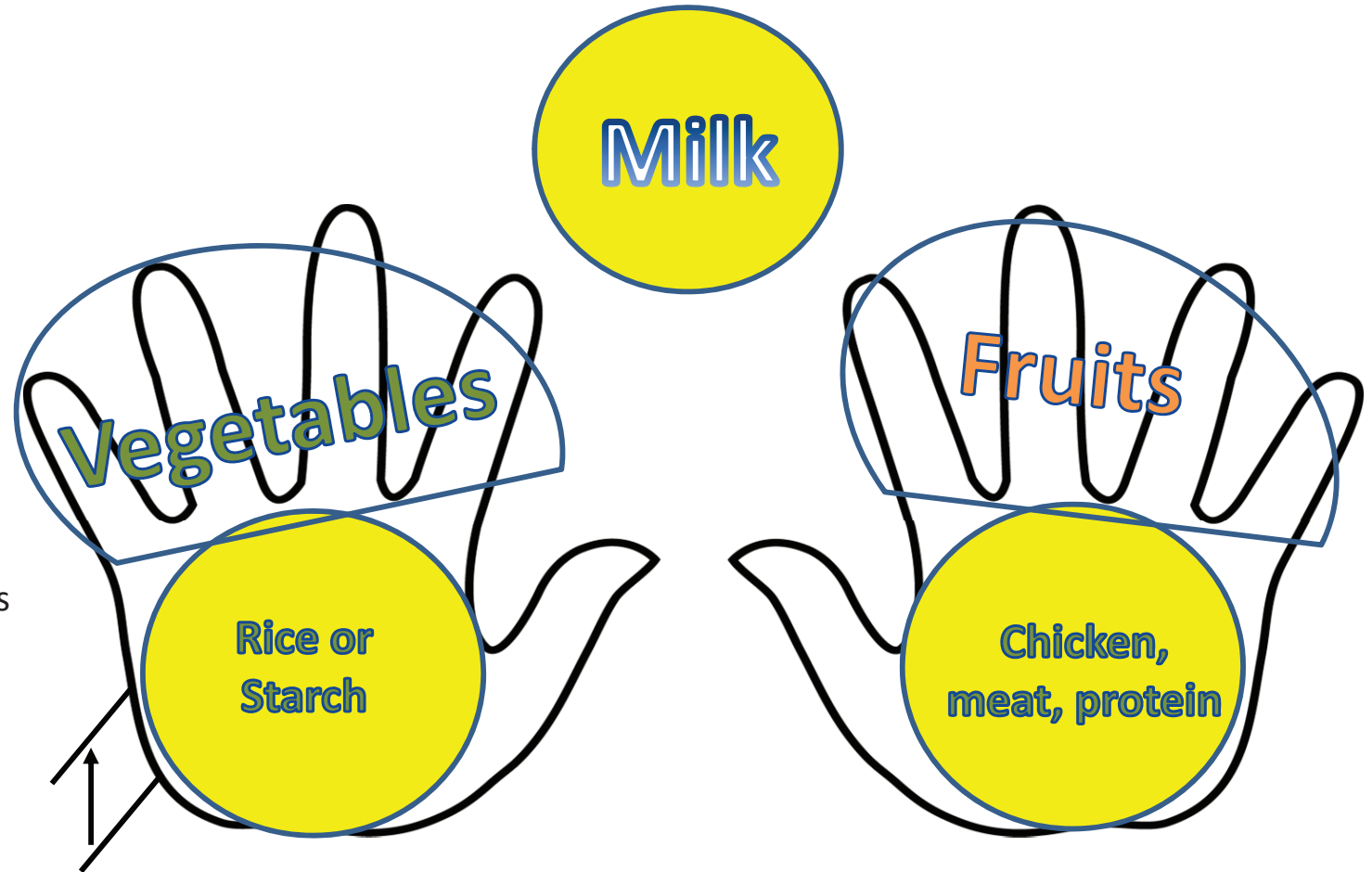
4-FINGERS

Healthy Portion for Veggies

Healthy Portion for Fruits

Fist

Healthy Portion for Milk



One more "Secret":

Children need to be fed:  
within 1 hour of waking up  
then, every 2-3 hours!