

Maintain, Don't Gain!

Health Improvement Challenge

Commit, control, maintain

Size does count...

Food and serving size	Equals the size of a ...	Number of calories per serving	Number of grams of fat per serving
3 oz of meat	Deck of cards	225	15
1 oz of cheese	Domino	100	8
½ cup of pasta	Tennis ball	80	1
½ cup of grapes	Light bulb	60	0
1 cup of green salad	Baseball	25	0
2 pancakes (no butter, no syrup)	(2) 16oz cottage cheese lids	120	4
½ cup of rice	Cupcake wrapper	120	0
4 oz hamburger patty	Lid of a quart mayo jar	150	24
2 tablespoons of peanut butter	Table tennis ball	100	15
Glass of 2% milk	1 cup measuring cup	120	5



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