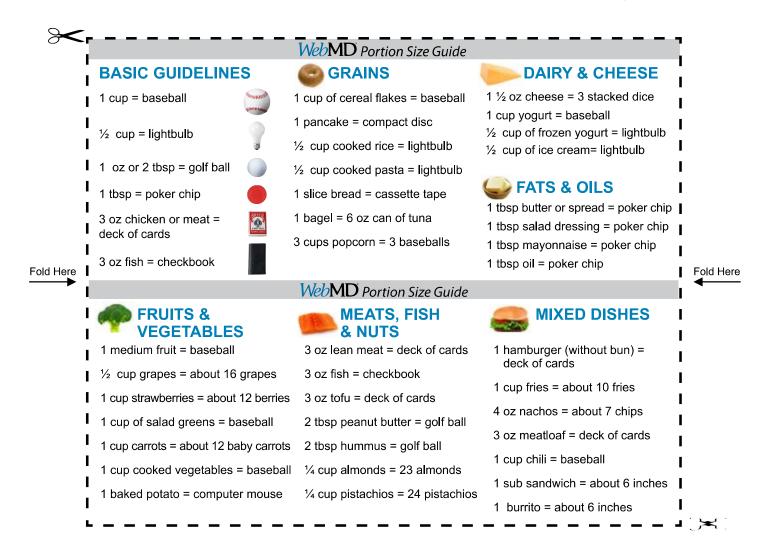
WebMD Portion-Size Guide (wallet size)

In the age of super-sizing, it's all too easy to misjudge portion sizes. WebMD has created some easy guidelines to help you figure out how many servings are on your plate -- and they're in a handy wallet size so you can keep them with you when you're dining out.

Cut out and fold on the dashed line. You may want to laminate or tape for lasting use.





Better information. Better health.