

DID YOU KNOW?



Supporting Providers. Empowering Parents.™

QUALITY
START
LOS ANGELES



Your Hand is your portion size!



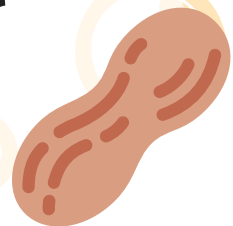
**2 Fingers of
Cheese**



**1 Fist-Sized
Serving of Each:
Carbs & Veggies**



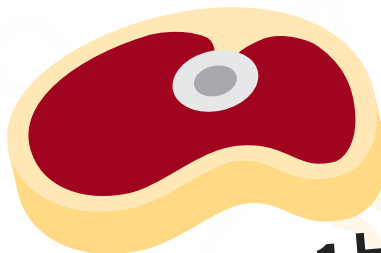
**1 Fingertip of
Butter**



**1 Thumb of Peanut
Butter**



**1 Handful of
Fruit & Nuts**



**1 Handful of Protein
(Measure Before
Cooking)**