

DID YOU KNOW?



**QUALITY
START**
LOS ANGELES

Your Hand is your portion size!



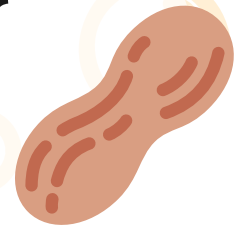
**2 Fingers of
Cheese**



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



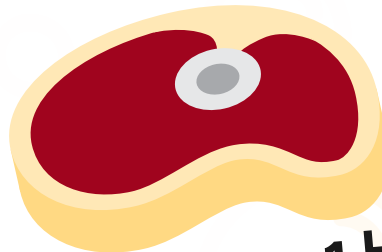
**1 Fingertip of
Butter**



**1 Thumb of Peanut
Butter**



**1 Handful of
Fruit & Nuts**



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

[Click here to learn more and find activities for you and your child!](#)