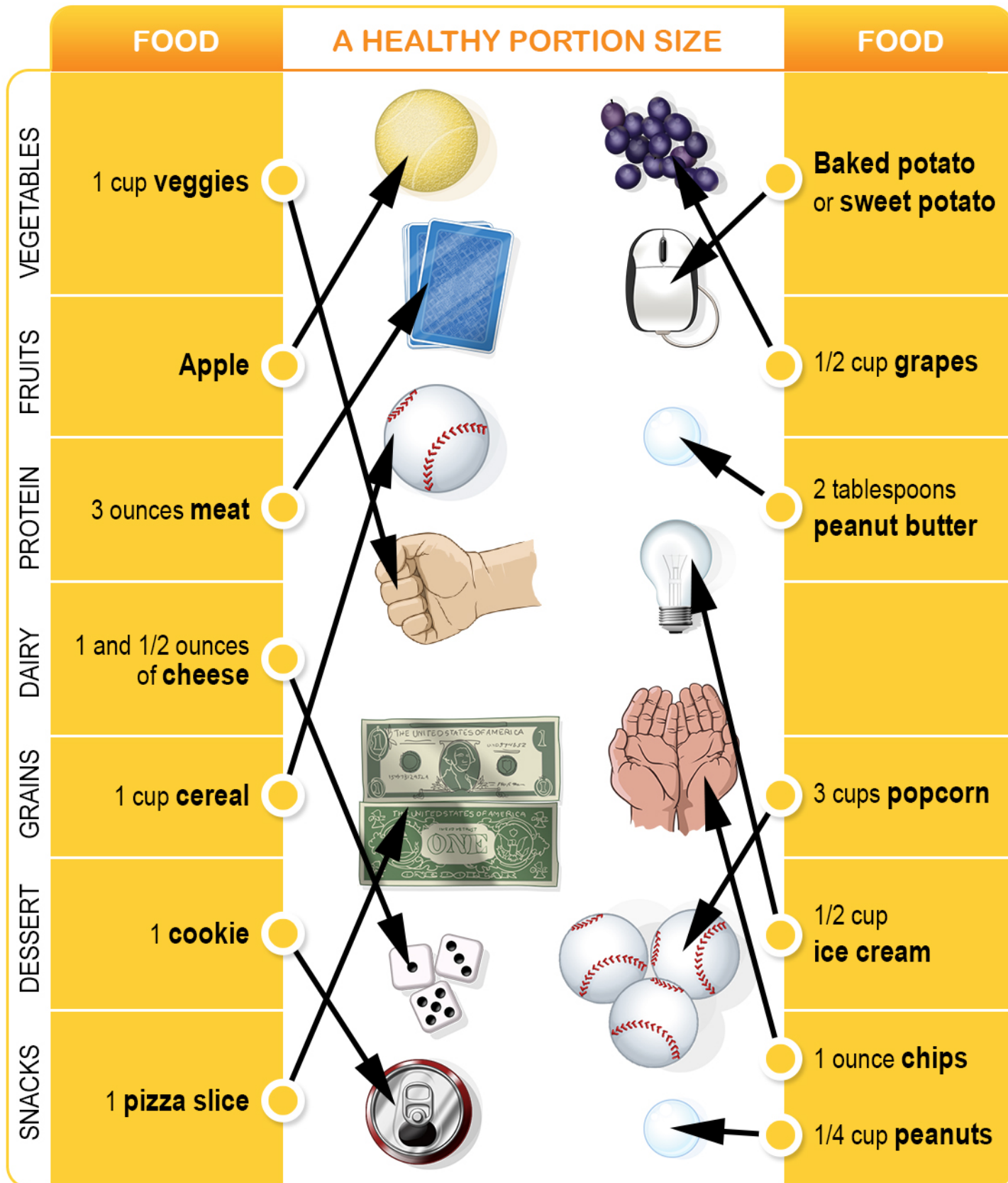


# Portion Size Guide

## ANSWER KEY



Sources: Marilyn K. Tanner-Blasiar, MHS, RD, LD, registered dietitian; study coordinator TRIGR Study | Washington University School of Medicine in St. Louis. ChooseMyPlate.gov

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