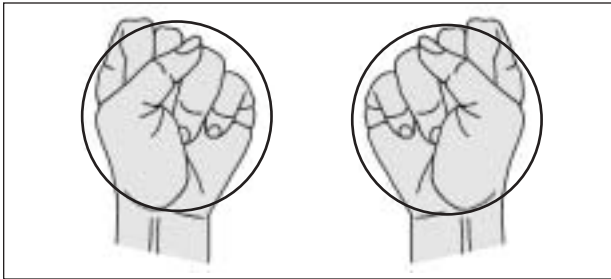


Appendix 7

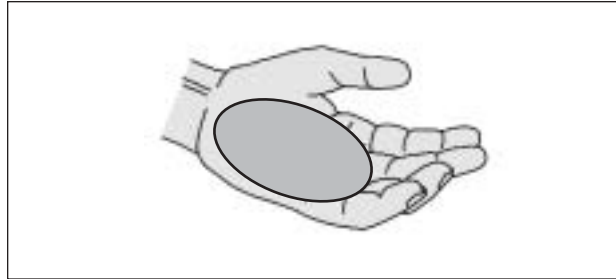
Zimbabwe Hand Jive

Your hands can be very useful in estimating appropriate portions. They're always with you, and they're always the same size!

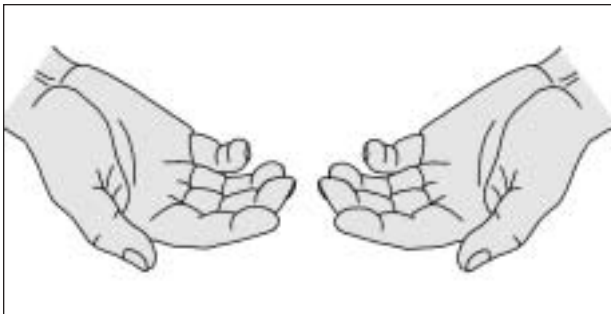
When planning a meal, use these portion sizes as a guide:



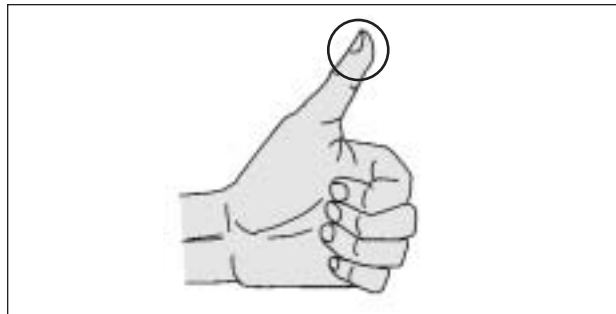
Carbohydrates (starch and fruit): Choose an amount the size of your 2 fists.



Protein: Choose an amount the size of the palm of your hand and the thickness of your little finger.



Vegetables: Choose as much as you can hold in both hands. Choose low-carbohydrate vegetables (e.g. green or yellow beans, broccoli, lettuce).



Fat: Limit fat to an amount the size of the tip of your thumb.

Drink no more than 250 mL (8 oz) of low-fat milk with a meal.