
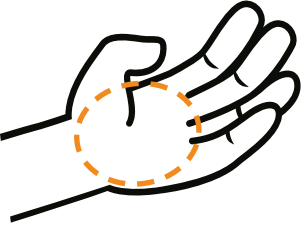

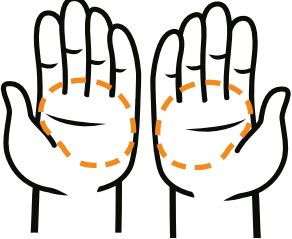
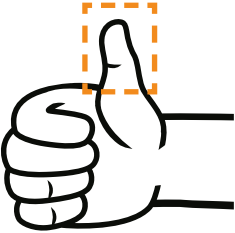
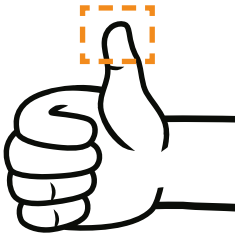




Bucknell Nutrition INITIATIVE

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 2 ounces	Chips Popcorn Pretzels	150 120 100
	Thumb 1 tablespoon	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

Questions or additional information contact:

Tanya Williams
University Dietitian

▶ Student Health Center 577-1401
By appointment only.