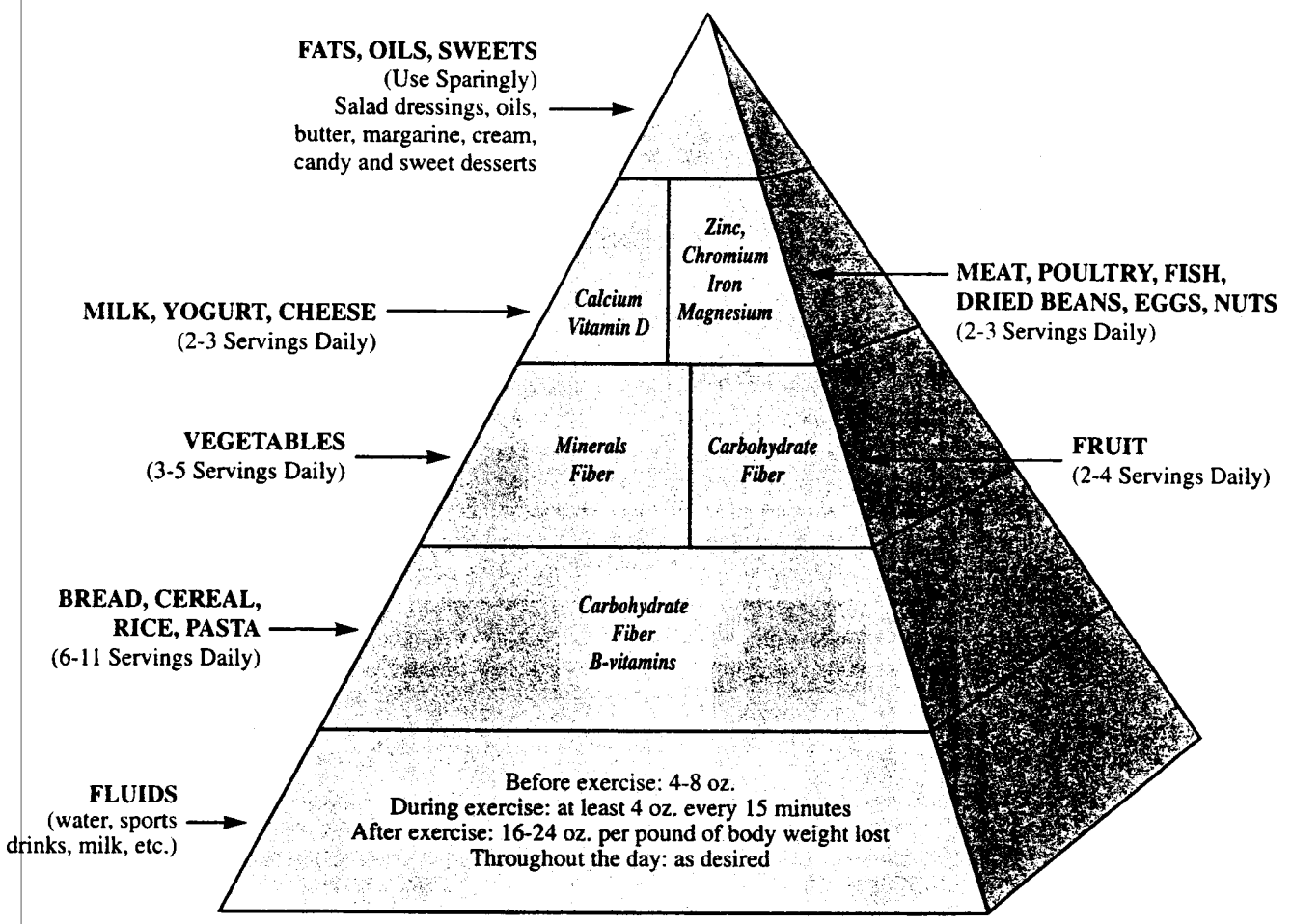




## The Food Guide Pyramid

Nutrients typically lacking in the diets of young athletes are found within the pyramid.



## Visual Guide to Estimating Serving Sizes\*

GUIDE	SERVING SIZE
Thumbnail	1 serving, butter or oil
Thumb	1/2 serving, cheese
Palm of hand	1 serving, meat
Fist	2 servings, chopped vegetables, cooked or raw
	1 serving, leafy vegetable
	2 servings of pasta, potatoes, or cereal
Tennis ball	1 medium fruit (apple, orange)

\*Note: Serving sizes are proportional to the size of the individual.