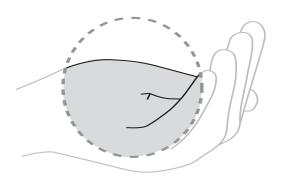
大小比例



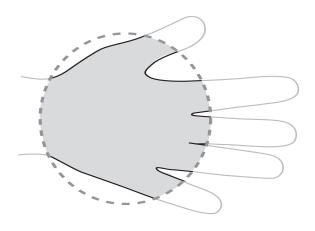




一把 =1 或 1 盎司(乾) 點心



手掌=3 盎司 1份煮熟的雞、 魚或肉





Chinese - Portion Sizes

Translation of this publication was supported by HRSA HCAP Grant # G92OA02204. ©2006 The Whittier Institute for Diabetes