Did you know...

- That protein helps build strong muscles?

Aim for 5 ounces of fish, eggs, meats & beans a day!

- 2 ounces of peanut butter is the size of a ping pong ball
- 2 ounces of cooked beans is about the size of your fist
- 1 ounce of eggs is the size of 1 egg
- 1 ounce of nuts is 1 handful
- 3 ounces of meat or fish is the about size of a computer mouse