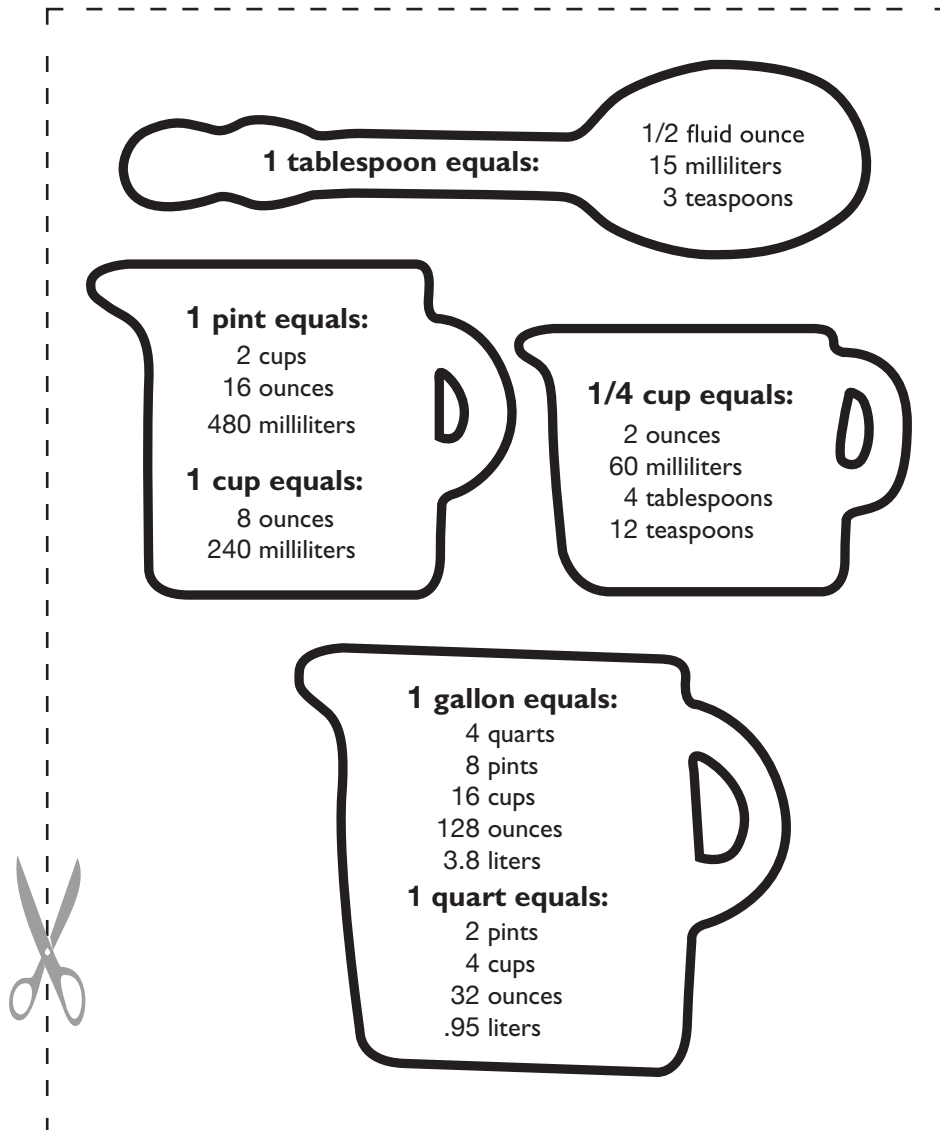


MEASURE YOUR FOODS

DRY FOOD AND LIQUIDS



Cut this out and put it on the wall or refrigerator near where you prepare your meals.