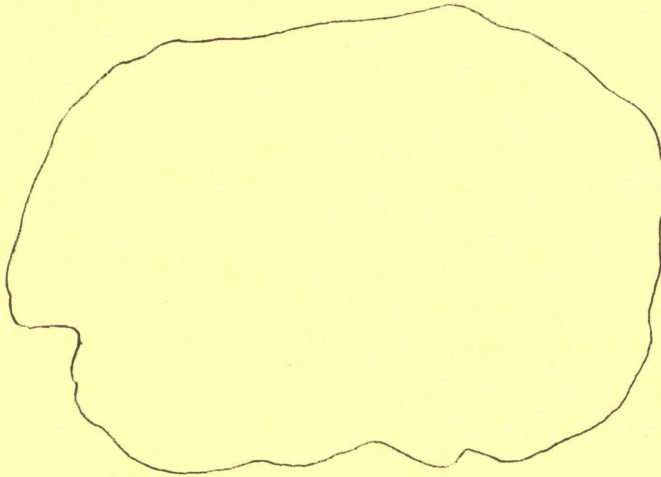


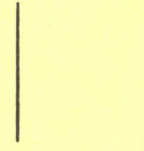
Worksheet  
Diet Plan  
Lesson 2

Portion Sizes

Hamburger (lean)  
and Meatloaf

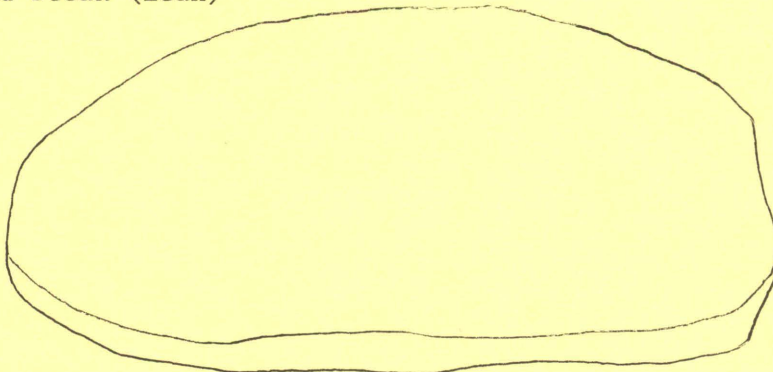


This  
Thick

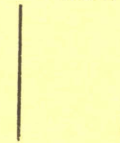


One patty this size: About 185 calories

Round Steak (lean)



This  
Thick



One piece this size: About 160 calories

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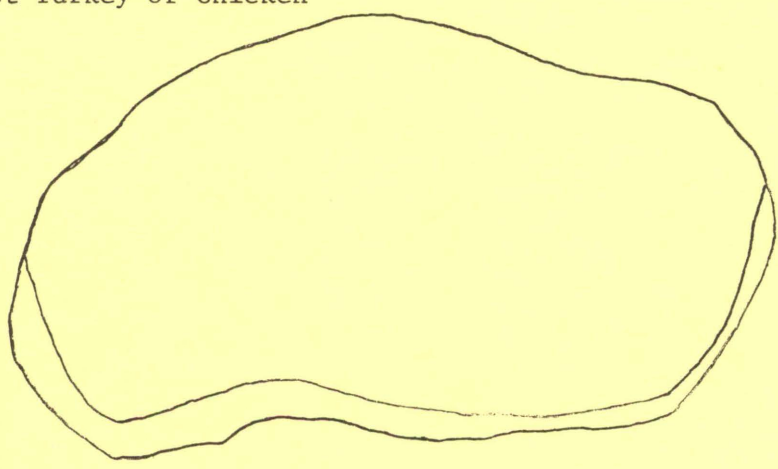
348-209

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VPI  
Spec

Roast Beef Round (lean only)  
Roast Turkey or Chicken



This  
Thick  
||  
||

Two slices this size: About 140 calories