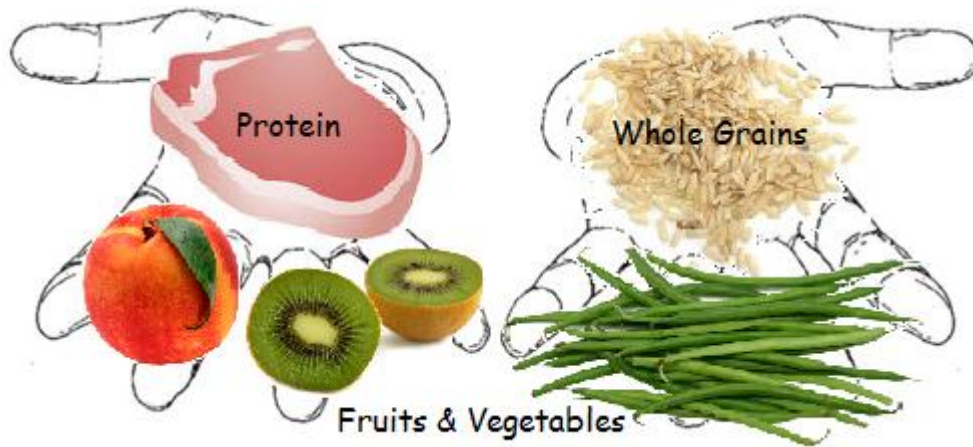


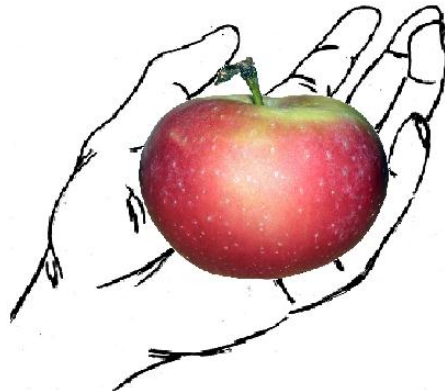
Make Your Hands Smile with

# My Meal 😊



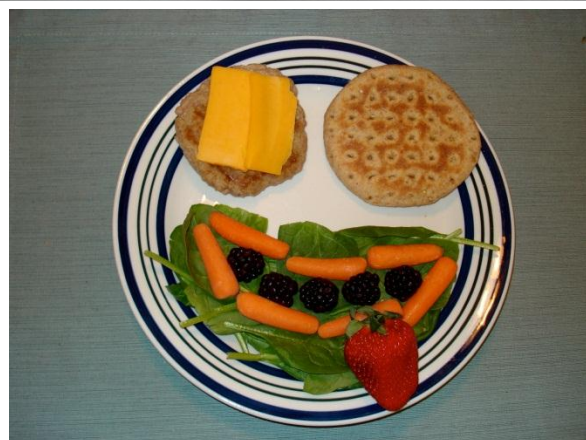
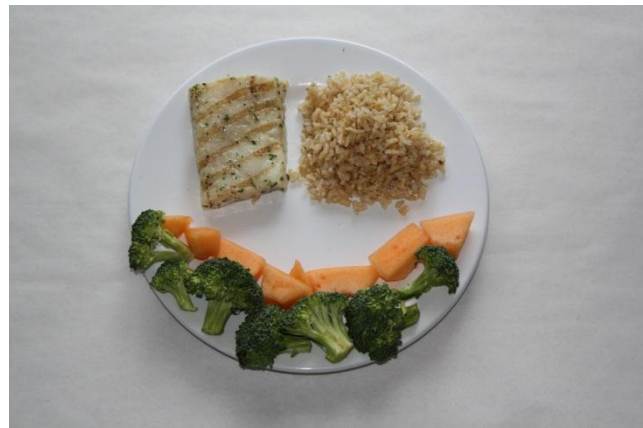
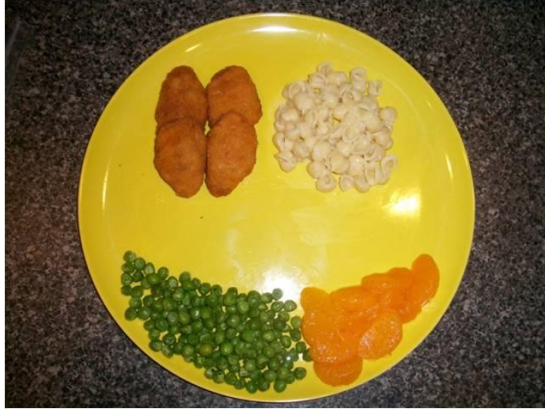
Your meal should be the size of your... **TWO HANDS!**  
If you are still hungry... spread out your fingers and add some more **fruits** and **veggies!**

## MY SNACKS



Your snacks should fit in one cupped hand!

Innovation created by Angie Hasemann, RD, CSP, of the University of Virginia's Children's Fitness Clinic.  
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