



1 small apple  
= 1 HANDFUL



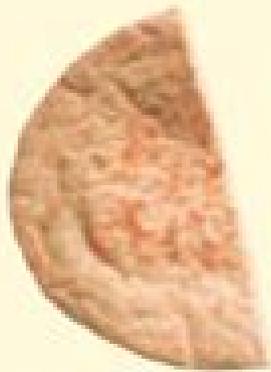
1 small banana  
= 1 HANDFUL



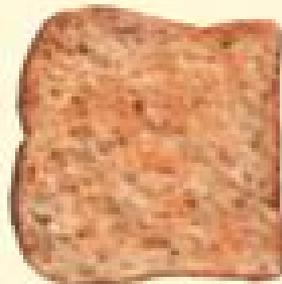
3-4 slices  
canned peaches  
= 1 HANDFUL



1 kiwifruit  
= 1 HANDFUL



½ large (75g)  
pita bread  
= SMARTPHONE



1 toast slice  
= SMARTPHONE



¾ cup baked  
beans  
= BASEBALL

# Food Portion Sizes

**Huangqi Zhang**



## **Food Portion Sizes:**

## The Enigmatic Realm of **Food Portion Sizes**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Food Portion Sizes** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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