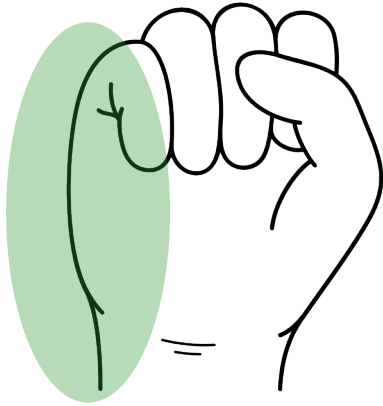


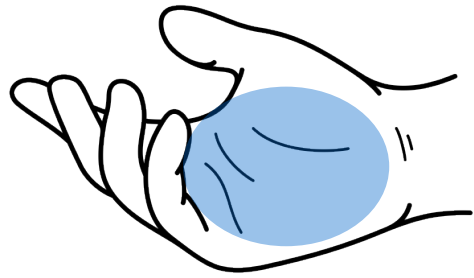


≡ ON THE FLY

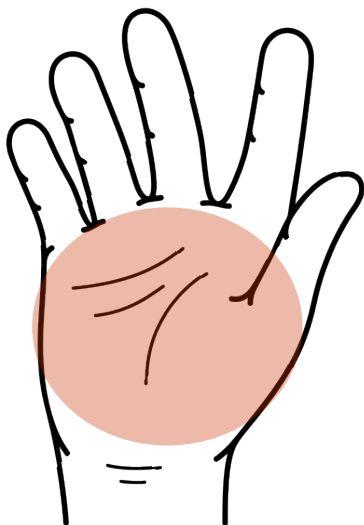
PORTION GUIDE



VEGETABLES
Fist



CARBS
Cupped hand or palm



PROTEIN
Palm



FATS
Thumb