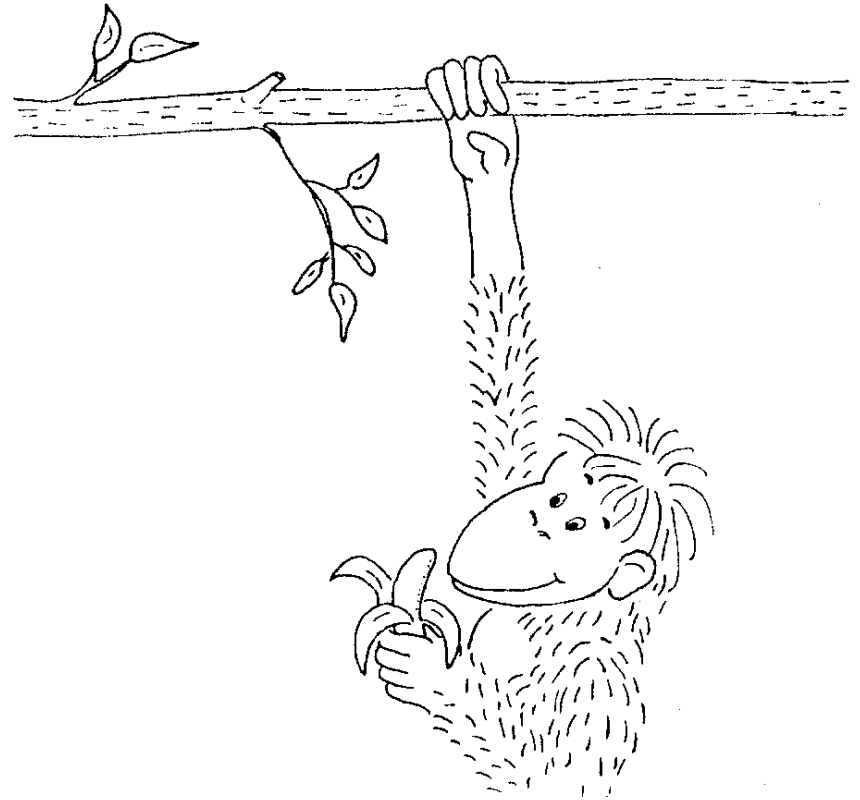


How much did you eat when you said “a lot”?
If you were a small monkey one banana
would seem like a lot.

How much did you eat?



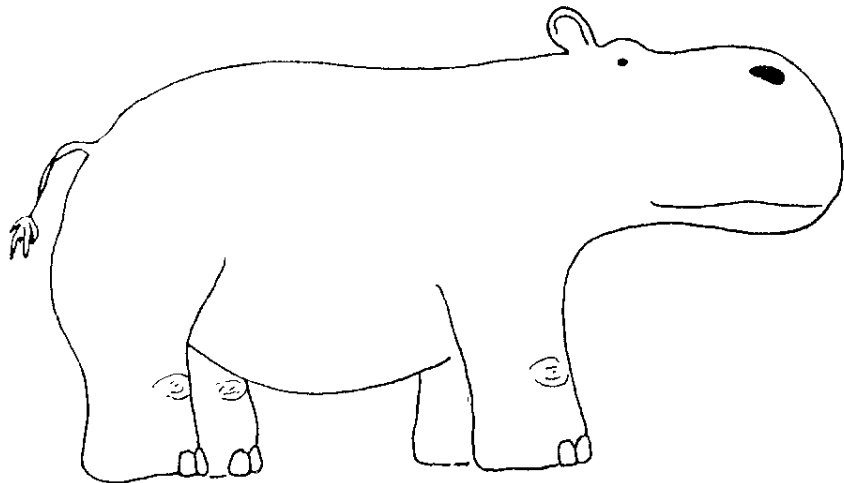
But, if you were a big ape.....



... it would take a stack of bananas to
seem like a lot!



How much did you eat when you said
“one swallow”? If you were a
hippopotamus one swallow might be....



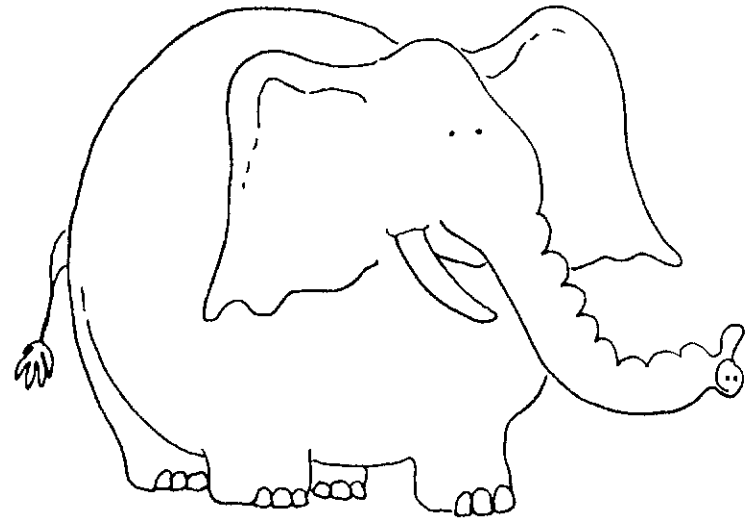
... half of Uncle Fred's bath.



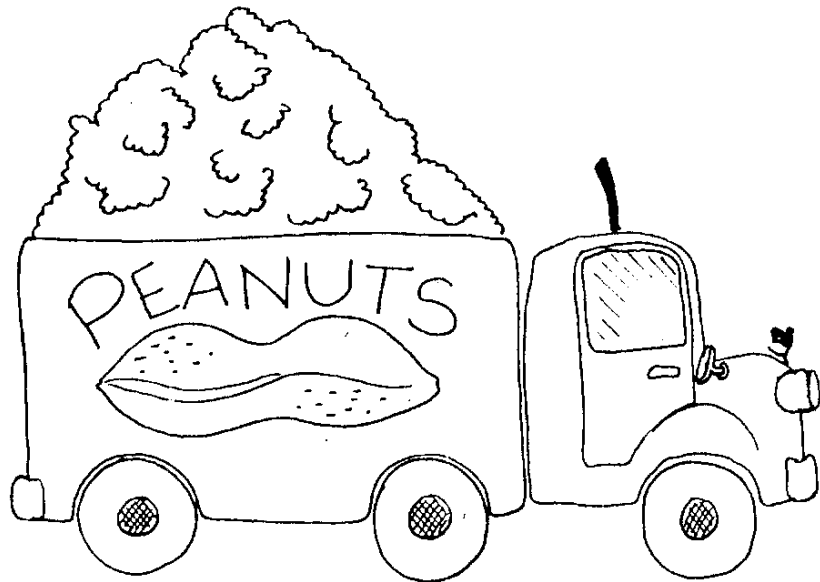
But to Timmy a swallow is just a small glass.



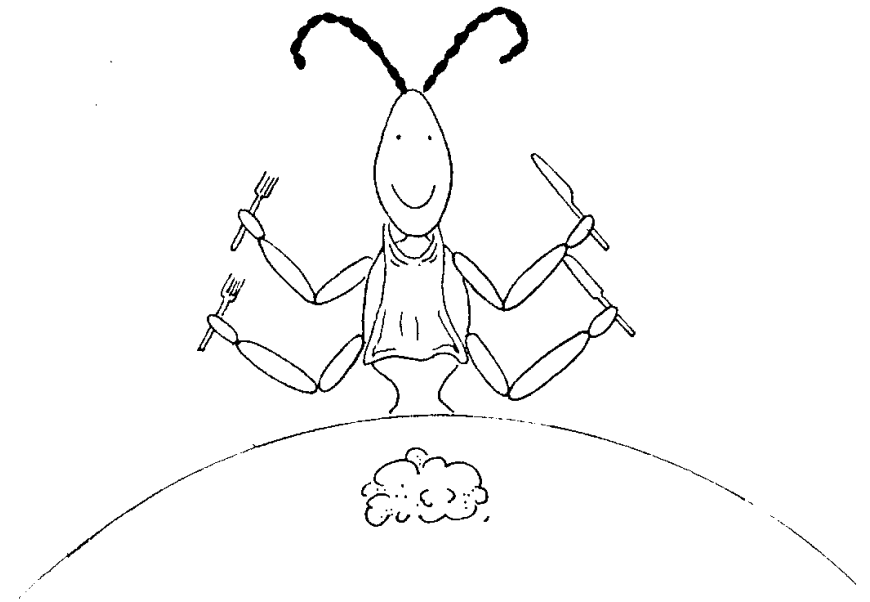
How much did you eat when you said “enough”? If you were an elephant....



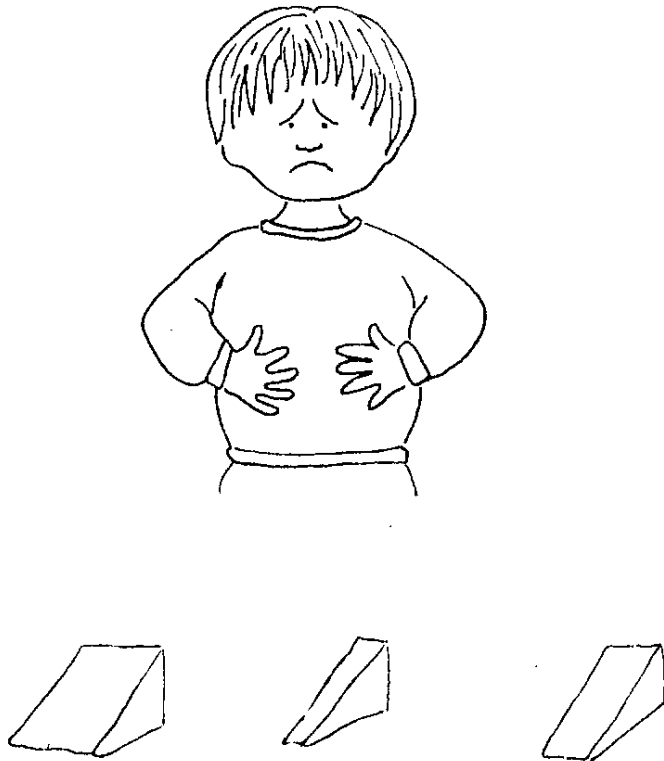
... a truck load of peanuts might be enough for a small afternoon snack.



But if you were an ant a small crumb left on Sue's plate would be enough for a feast, maybe two.



How much did you eat when you said
“one piece”? Which piece of pie do you
think Kevin ate?



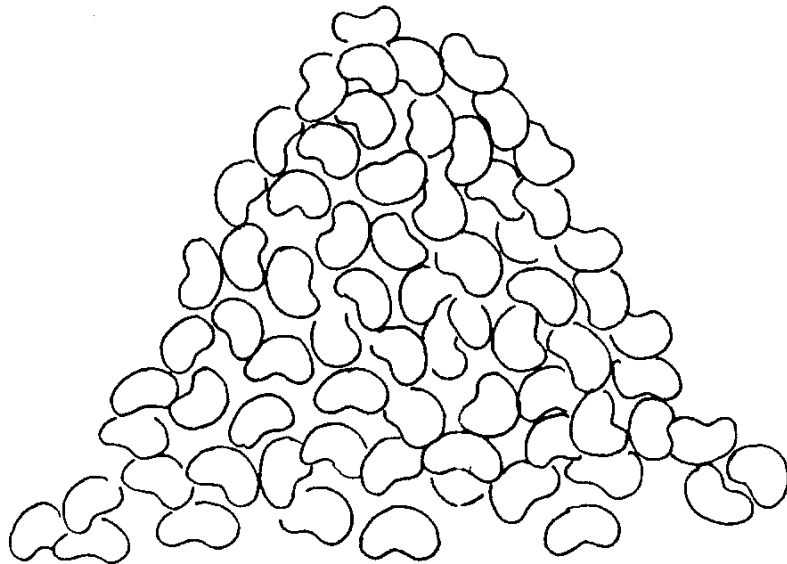
How much did you eat when you said “a
smidgen”? A smidgen of squash might
be the smallest of bites....



... but a smidgen of jelly beans might stack up to quite a sight.

How much did you eat? Try not to guess. Weighing and measuring is always the best. After you've weighed and measured real good, then you'll know just how many phes were in your food.

The End



Story and drawings by Debbie Funk, MS



University of Washington PKU Clinic
CHDD - Box 357920, Seattle, WA 98195

(206) 685-3015, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>