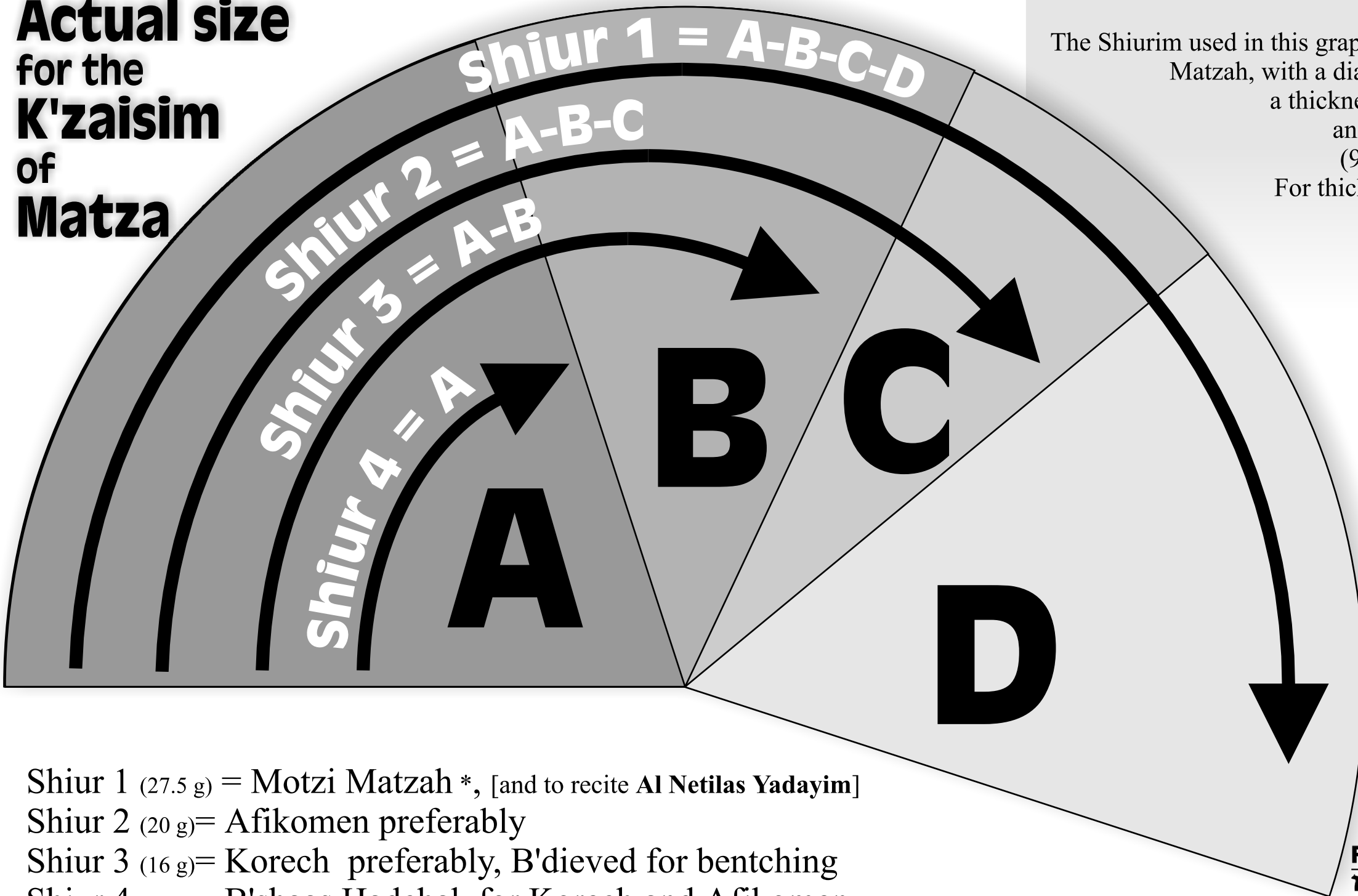


Actual size for the K'zaisim of Matza



The Shiurim used in this graph are based on a thin Matzah, with a diameter of 11½ inches, a thickness of 0.07 of an inch, and weighing 51 grams, (9 Matzahs per pound). For thick Matzahs see picture on reverse side.

- Shiur 1 (27.5 g) = Motzi Matzah *, [and to recite Al Netilas Yadayim]
 - Shiur 2 (20 g) = Afikomen preferably
 - Shiur 3 (16 g) = Korech preferably, B'dieved for bentching
 - Shiur 4 (10 g) = B'shaas Hadchak for Korech and Afikomen
- * If this is too much ask a Rav.



Friends With Diabetes
רִיעִים מֵתוֹקִים