

Portion Size Estimates

Vegetables are Unlimited excluding Potatoes, Peas,

USE CAULIFLOUR RICE OR
SHREDDED ZUCHINNI FOR PASTA
TO ADD MORE VEGGIES AND
LESSEN OTHER CARBS

Corn

NUTS CAN BE ADDICTIVE AND DECEIVING.

LIMIT TO 10



1 thumb tip

size!

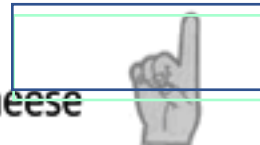
butter, or sugar

1 fist = 1 cup cereal, pasta, vegetables



1 handful = 1 oz. of nuts

1 finger = 1 oz. of cheese



1 palm = 3 oz. of meat, fish, or poultry

2 handfuls = 2 oz. of chips or pretzels



Best to eliminate the chips or pretzels for now