



Try These Nutrition Tips

Practice portion control: Keep these quick guidelines in mind:

<i>A serving of...</i>	<i>Is about equivalent to...</i>
Red meat	Palm of your hand (3 oz)
Chicken	Palm of your hand plus up to your knuckle (5 oz)
Fish	Your entire hand and as thick as your thumb at the knuckle (6 oz)
Pasta	Small fist
Rice/couscous	Baseball
Peanut or almond butter	Golf ball
Salad dressing	½ shot glass
Cereal	Tea cup
Fruit	Baseball
Dried fruit	2 dominoes

Source: Feel Great Weight nutrition expert Sharon Richter, Sharon Richter, MS, RD; info@sharonrichter.com.