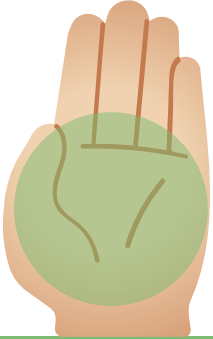

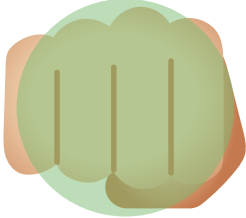






# PORTION SIZES

	<p><b>Protein Portion</b> 3-4 Oz. = Palm</p>	<p><b>Examples:</b> Chicken, fish, lox, steak, a burger</p> 
	<p><b>Veggie Portion</b> 1 Cup = Fist</p>	<p><b>Examples:</b> Broccoli, cauliflower, zucchini, eggplant</p> 
	<p><b>Carb Portion</b> 1/2 Cup = Cupped Hand</p>	<p><b>Examples:</b> 1/2 Baked potato 1/2 Cup of rice 1/2 Cup of quinoa 1/2 Cup of beans</p> 
	<p><b>Fat Portion</b> 1 Tbsp. = Thumb</p>	<p><b>Examples:</b> Mayo, salad dressing, 1/4 avocado, techina</p> 