



Practical Advice for General Nutrition

- Avoid fad diets and emphasize the importance of long-term lifestyle changes.
- Eat mindfully and minimize distractions during meal time.
- Choose whole foods over food “products” (fewer crackers, more grainy breads).
- Surround yourself with healthful foods.
- Add color to your diet (vegetables, fruits).
- Limit juices and sweet drinks.
- Drink more water.
- Cut down on sodium.

CONTROL PORTION SIZES BY USING THE FOLLOWING CHART:



Use this as a visual aid...
One fist, clenched
to measure this amount...
8 fluid ounces

which is commonly used for foods such as...
Beverages



Use this as a visual aid...
Two hands, cupped
to measure this amount...
1 cup

which is commonly used for foods such as...
Breakfast cereal
Soup
Green salads (lettuce, spinach)



Use this as a visual aid...
One hand, cupped
to measure this amount...
½ cup

which is commonly used for foods such as...
Pasta, rice
Hot cereal (oatmeal)
Fruit salad, berries, applesauce
Tomato/spaghetti sauce
Beans
Cole slaw/potato salad
Mashed potatoes
Cottage cheese
Pudding, gelatin



Use this as a visual aid...

Palm of hand

to measure this amount...

3 ounces

which is commonly used for foods such as...

**Cooked meats like hamburger patty, chicken breast,
fish fillet, pork loin**

Canned fish like tuna



Use this as a visual aid...

Two thumbs together

to measure this amount...

1 tablespoon

which is commonly used for foods such as...

Peanut butter

Salad dressing

Sour cream

Dips

Whipped topping

Dessert sauces

Cream cheese