

— PUTTING —
PORTIONS
in proportion

Visual aids can be a great way to figure out just how much might be too much when looking for fresh additions to your plan



poker chip

**= 1 Tbsp.
peanut butter**

one die

= 1 tsp. oils



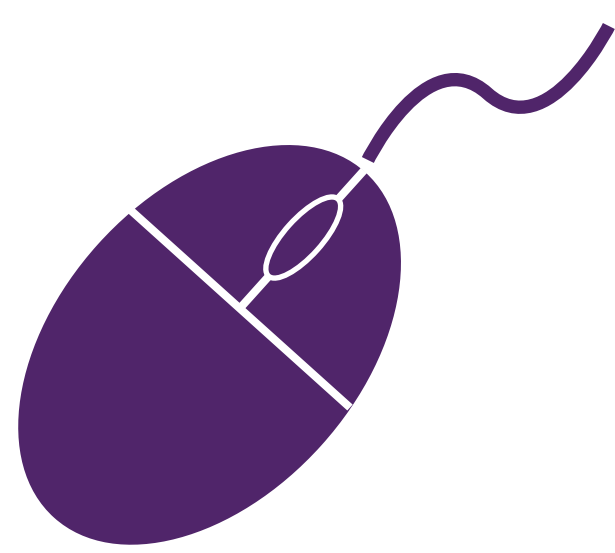
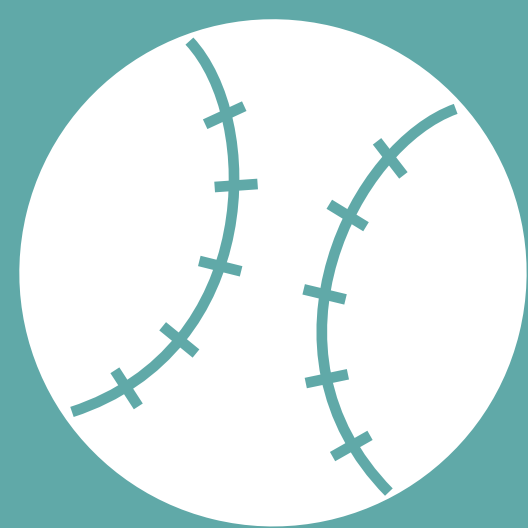
three

dice =

**1 oz.
cheese**

baseball =

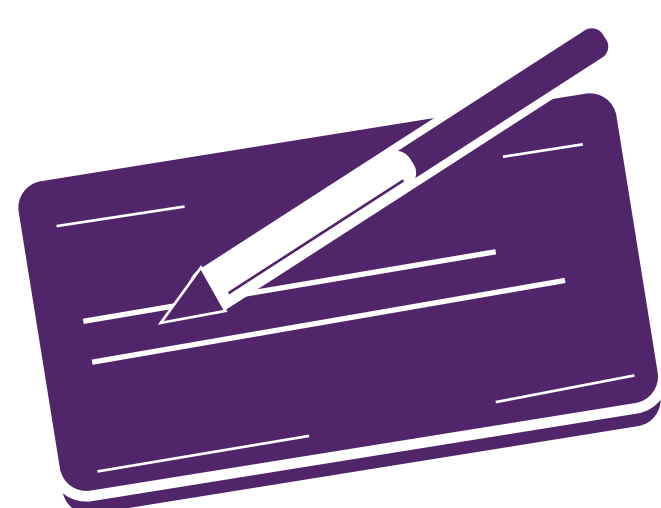
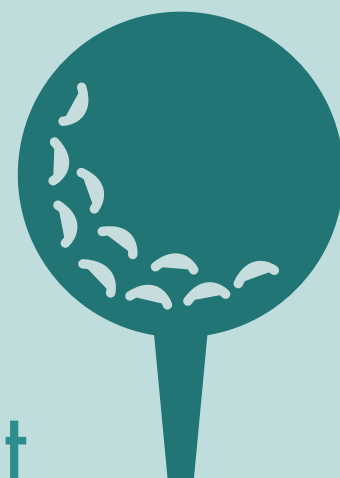
1 cup raw vegetables,
fruit, dairy



mouse =

1 medium potato

**golf ball = 1 oz. (4 Tbsp.)
nuts or**
**1/4 cup hummus,
dried fruit**



checkbook

= 3 oz. fish