

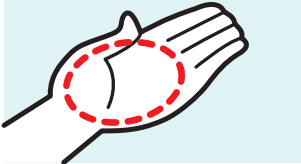


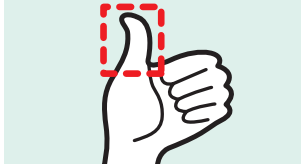



Hand Jive Method for Portion Control

Hand Symbol	Equivalent	Foods	Calories	Servings
	Fist 1 cup	Rice, pasta Fruit	200 75	3 – 4x/day 2 – 3x/day
	Two Fists 2 cups	Veggies	40	2 – 3x/day
	Palm 3 ounces	Meat Fish Poultry	160 160 160	1 – 2x/day 1 – 2x/day 1 – 2x/day
	Handful 1 ounce	Nuts Raisins	170 85	2 – 3x/week 2 – 3x/week
	2 Handfuls 2 ounces	Chips Popcorn Pretzels	150 120 100	<1x/week <1x/week <1x/week
	Thumb 1 ounce	Nut butter Hard cheese	170 100	2 – 3x/week 2 – 3x/day
	Thumb tip 1 teaspoon	Cooking oil Mayo, butter Sugar	40 35 15	2 – 3x/day 1 – 2x/day 1 – 2x/day