

# TIPS FOR HEALTHY EATING

There are three indispensable steps to eating and nutrition when losing weight:

- Frequency
- Portion Size
- Balanced Meals

## 5 Meal Ideal:

To optimize metabolism, energy, and mental and emotional positivity, set a goal to eat five small meals per day. Your body and your metabolism are designed to look for cues telling them when to burn and when to conserve. If you miss a meal your body does what it is programmed to do — stop burning fat. Ideally, the five meals include breakfast, mid-morning snack, lunch, mid-afternoon snack and dinner. We recommend that you not eat after dinner.

## Right-Sized Portions:

We eat too much. Our food is packaged in such a way that most of us have no idea what a serving size is. Be sure to read the labels and weigh and measure until you are comfortable with appropriate portions.

As you begin to eat right-size portions, your appetite will rebalance and your hormones will reharmonize, resulting in effective and lasting weight loss.

## Balanced Meals:

40-50% of every meal should be complex carbohydrates

Examples:

Whole grains	Fruit
Whole vegetables	Beans
Nuts	

25-40% of every meal should be lean protein

Examples:

Fish	Lean beef
Poultry	Eggs

20-30% of each meal should be beneficial/essential fats

Examples:

Olive Oil	Sesame Oil
Avocado	Nuts
Seafood	Seeds

**GRAINS**  
1 SERVING LOOKS LIKE...

- 1 cup of cereal flakes = fist 
- 1 pancake = compact disc 
- 1/2 cup of cooked rice, pasta or potato = 1/2 baseball 
- 1 slice of bread = cassette tape 
- 1 piece of corn bread = bar of soap 

**VEGETABLES & FRUIT**  
1 SERVING LOOKS LIKE...

- 1 cup of salad greens = baseball 
- 1 baked potato = fist 
- 1 medium fruit = baseball 
- 1/2 cup of fresh fruit = 1/2 baseball 
- 1/4 cup of raisins = one large egg 

**DAIRY**  
1 SERVING LOOKS LIKE...

- 1.5 oz. of cheese = 4 stacked dice or 2 cheese slices 
- 1/2 cup of ice cream = 1/2 baseball 

**FATS**

- 1 tsp. margarine or spreads = 1 dice 

**MEAT & BEANS**  
1 SERVING LOOKS LIKE...

- 3 oz. meat, fish & poultry = deck of cards 
- 3 oz. grilled/baked fish = checkbook 
- 1 Tbsp. peanut butter = ping pong ball 