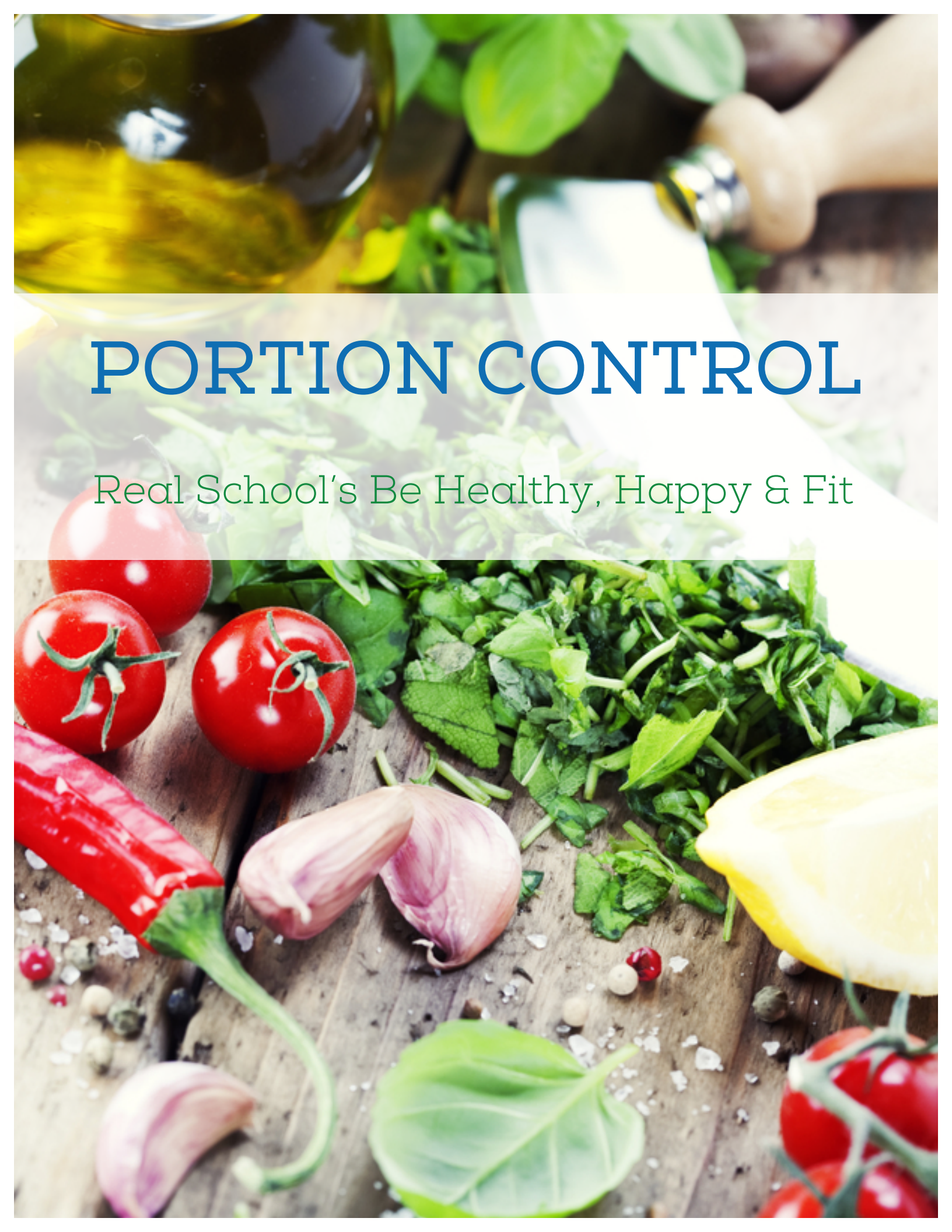


The background of the image is a collage of fresh ingredients. At the top, there's a close-up of olive oil in a glass bottle and some green basil leaves. Below that, a wooden cutting board is visible with a knife. The bottom half of the image shows a variety of fresh produce: three red cherry tomatoes, a red chili pepper, two shallots, a pile of finely chopped green herbs, a lemon wedge, and some loose basil leaves and spices on a wooden surface.

# PORTION CONTROL

Real School's Be Healthy, Happy & Fit

# PORTION CONTROL

## VEGETABLES CONTAIN 25 CALORIES AND 5 GRAMS OF CARBOHYDRATES

One serving equals:

½ cup Cooked vegetables (carrots, broccoli, zucchini, cabbage, etc.)

1 cup Raw vegetables or salad greens

½ cup Vegetable juice

\*If you're hungry, eat more fresh or steamed vegetables.

## DAIRY AND DAIRY ALTERNATIVES HAVE ON AVERAGE 80 TO 100 CALORIES AND 0 TO 5 GRAMS OF FAT PER SERVING

One serving equals:

1 cup Hemp, almond, or coconut milk unsweetened)

1 serving Coconut ice cream

1 cup Greek yogurt

These statements have not been evaluated by the Food and Drug Administration.

This is not intended to diagnose, treat, cure, or prevent any disease.

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## VERY LEAN PROTEIN HAVE 55 CALORIES AND 2 GRAMS OF FAT PER SERVING

One serving equals:

|          |                                                                                                               |
|----------|---------------------------------------------------------------------------------------------------------------|
| 4 ounces | Turkey breast or chicken breast, skin removed                                                                 |
| 4 ounces | Fish fillet (flounder, sole, scrod, cod, etc.)                                                                |
| 4 ounces | Canned tuna in water                                                                                          |
| 4 ounces | Beef (bison)                                                                                                  |
| 3        | Egg whites                                                                                                    |
| ½ cup    | Beans, cooked (black beans, kidney, chick peas, or lentils) – count as 1 starch/bread and 1 very lean protein |

## FRUITS CONTAIN 15 GRAMS OF CARBOHYDRATES AND 60 CALORIES

One serving equals:

|          |                                                           |
|----------|-----------------------------------------------------------|
| 1 small  | Apple, banana, orange, nectarine                          |
| 1 medium | Fresh peach                                               |
| 1        | Kiwi                                                      |
| ½        | Grapefruit                                                |
| ¼ cup    | Fresh berries (strawberries, raspberries, or blueberries) |
| 4 ounces | Unsweetened juice                                         |
| 1/3 cup  | Goji Berries                                              |

## LEAN PROTEIN CHOICES HAVE 55 CALORIES AND 2-3 GRAMS OF FAT PER SERVING

One serving equals one ounce, therefore 55 calories:

|          |                                                                |
|----------|----------------------------------------------------------------|
| 4 ounces | Chicken—dark meat, skin removed                                |
| 4 ounces | Turkey—dark meat, skin removed                                 |
| 4 ounces | Salmon, swordfish, herring                                     |
| 4 ounces | Lean beef (flank steak, London broil, tenderloin, roast beef)* |
| 4 ounces | Veal, roast, or lean chop*                                     |
| 4 ounces | Lamb, roast, or lean chop*                                     |
| 4 ounces | Pork, tenderloin, or fresh ham*                                |
| 1 ounce  | Low-fat cheese with 3 g or less of fat per ounce               |
| 1 ounce  | Low-fat luncheon meats with 3 g or less of fat per ounce       |
| ¼ cup    | 4.5% cottage cheese                                            |
| 2 medium | Sardines                                                       |

\* Limit to 1-2 times per week

## MEDIUM FAT PROTEINS HAVE 75 CALORIES AND 5 GRAMS OF FAT PER SERVING

One serving equals:

|         |                                                  |
|---------|--------------------------------------------------|
| 1 ounce | Beef (any prime cut), corned beef, ground beef** |
| 1 ounce | Pork chop                                        |
| 2       | Whole egg (medium)**                             |
| 1 ounce | Mozzarella cheese                                |
| ¼ cup   | Ricotta cheese                                   |

## STARCHES CONTAIN 15 GRAMS OF CARBOHYDRATES AND 80 CALORIES PER SERVING

One serving equals:

- 1 slice Bread (gluten-free or Ezekiel)
- ½ English gluten-free muffin
- ½ cup Cold/warm cereal
- ½ cup Brown rice, cooked
- ½ cup Quinoa, millet, or couscous, cooked
- ⅔ cup Legumes (dried beans, peas, or lentils), cooked
- ½ cup Pasta, cooked
- ½ cup Buckwheat, cooked
- ½ cup GMO free Corn, sweet potato, or green peas
- ½ Baked sweet or red potato
- 3 cups Popcorn, hot air popped (80% light)

## FATS CONTAIN 45 CALORIES AND 5 GRAMS OF FAT PER SERVING

One serving equals:

- 1 teaspoon Oil (grapeseed, avocado, olive, coconut etc.)
- 1 teaspoon Butter (ghee)
- 10 raw Walnuts, almonds
- 15 Pumpkin seeds
- 2 tablespoons Hemp seeds
- 1 tablespoon Salad dressing
- ⅛th Avocado
- 2 tablespoons Almond butter
- 1 slice Bacon

*These portion sizes will change for someone who is more active or sedentary. Please note that portion sizes will vary depending gender, physical activity, age and stress levels to name a few. Remember the concept of bio-individuality: Each of our unique bodies is different than the next.*