

IF YOU'RE TRYING...

...(and failing!) to lose weight and seem to be eating all the right things, it may not be what you're eating, but how much you're eating that's tripping you up. As super-sized and oversized portions are becoming the norm, it's easy to underestimate your caloric intake.

Use this handy guide as a tool to help you get your portions under control...and start seeing results!



SMALL
BAKED
POTATO



SERVING OF
FISH, MEAT, OR
POULTRY



SERVING OF
ICE CREAM

PORTION CONTROL



SERVING OF
DRIED FRUIT
OR NUTS



SERVING OF
CHEESE



SERVING OF
VEGETABLES
OR FRUIT