## **Plan Your Portions**



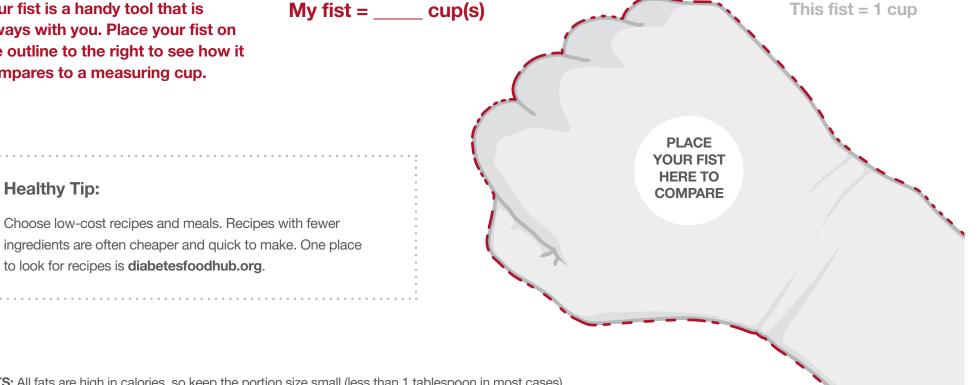




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Your fist is a handy tool that is always with you. Place your fist on the outline to the right to see how it compares to a measuring cup.



FATS: All fats are high in calories, so keep the portion size small (less than 1 tablespoon in most cases).

EAT OFTEN	SOMETIMES	LIMIT
Oil-based salad dressing: vinaigrette, oil and vinegar	Low-fat creamy salad dressing like light ranch	Full-fat creamy salad dressing like ranch or blue cheese
Oils: canola, olive, sunflower, peanut	Oils: corn, soybean, safflower, sesame	Butter, lard, coconut oil
Avocado, olives, seeds, peanut or almond butter	Mayonnaise	Margarine
		Cream