

CONSUMER HEALTH TIPS

Double T. investments



May 21, 2014

Portion sizes

When eating at a restaurant, you will rarely see any nutritional information for the meal in front of you. So, what's a healthy eater suppose to do?

Look at your hands!

Just use the palm of your hand to gauge the correct size for your protein (meat, fish, chicken)

If the piece of steak on your plate could take up several hands, just cut off the appropriate portion before you start eating. Take the rest home with you!

Now make a fist, and use that size to figure out how much of your carbohydrate you should be eating (pasta, rice, potatoes, etc.).

For most veggies, you can have as much as you want.

This simple solution should work almost wherever you go!

HAPPY EATING!

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