“Eating Your Way to Awesome”

Practical Tips For Everyone...
Think before you drink...
Aim for better not for perfect...
Imperfect action is better than perfect inaction.

— Harry S. Truman —
Eat sweets early...then get moving...
One treat per week...
80% / 20%
Prepare ahead...
5 Minute Meals...
Portion tricks...
The Travelling Measuring Cup....

<table>
<thead>
<tr>
<th>Hand Symbol</th>
<th>Equivalent</th>
<th>Foods</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fist</td>
<td>1 cup</td>
<td>Rice, pasta, Fruit, Veggies</td>
<td>200, 75, 40</td>
</tr>
<tr>
<td>Palm</td>
<td>3 ounces</td>
<td>Meat, Fish, Poultry</td>
<td>160, 160, 160</td>
</tr>
<tr>
<td>Handful</td>
<td>1 ounce</td>
<td>Nuts, Raisins</td>
<td>170, 85</td>
</tr>
<tr>
<td>2 Handfuls</td>
<td>1 ounce</td>
<td>Chips, Popcorn, Pretzels</td>
<td>150, 120, 100</td>
</tr>
<tr>
<td>Thumb</td>
<td>1 ounce</td>
<td>Peanut butter, Hard cheese</td>
<td>170, 100</td>
</tr>
<tr>
<td>Thumb tip</td>
<td>1 teaspoon</td>
<td>Cooking oil, Mayonnaise, butter Sugar</td>
<td>40, 35, 15</td>
</tr>
</tbody>
</table>

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Substitutions
Win the game...
Preparation Matters....

Quick & Easy Restaurant Menu Guide

**SKIP IT**
- Fried
- Battered
- Creamy
- Crispy
- Cheesy
- Thick
- Breaded
- Glazed

**PICK IT**
- Broiled
- Steamed
- Blackened
- Baked
- Roasted
- Light
- Fresh
- Grilled
Timing is Everything