

PORTION SIZE REFERENCE GUIDE

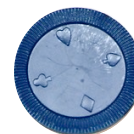
	Seeds & Oils	Protein	Leafy Vegetables	Crunchy Vegetables	Unrefined Starches	Seasonal Fruit	Booster Foods
Daily Servings	2-3	2-4	1-3	1-3	2-4	2-4	2-4
Serving Size	1 Tbs Oil 2 Tbs Seeds	3 oz animal 6 oz vegetable	1 cup	1/2 cup	1/2 cup grains 1 med. veg	1/2 cup 1 med piece	1 tsp - 1 Tbs
Foods List	Coconut Oil Flax Seed/Oil Chia Seeds Sesame Sunflower Almonds	Wild Fish Grass-Fed Meat Pasture Poultry Pasture Egg Raw Milk Beans	Salad Greens Kale Chard Beet Greens Bok Choi Spinach	Broccoli Green Beans Cucumber Carrots Celery Asparagus	Whole Grains Brown Rice Breads Yam Squash Corn	Apple Grape Berries Citrus Fruit Melons Mango	Nutritional- Yeast Algae Herbs Spices Seaweed



Baseball
1 Cup
1 Med. Fruit



Domino
1 Ounce



Poker Chip
1 Tablespoon



Tennis Ball
3/4 Cup



Deck of Cards
3 Ounces Meat



Ping Pong Ball
2 Teaspoons



Computer Mouse
1/2 Cup
1 Med. Root Veg



Golf Ball
2 Tablespoons



One Die
1 Teaspoon



Egg
1/4 Cup



Cassette Tape
1 Slice Bread

