



Creating a healthy diet is a combination of partnering healthy foods with appropriate serving sizes. To help you get started, Metabolife® has created a number of tools for you to use.

To start, we recommend you manage your diet to the following number of servings in each of these categories:

	Women	Men
Non-Fat/Low-Fat Dairy	2	3
Fruits & Vegetables	7	7
Lean Protein	3	4
Whole Grains	3	5
Healthy Fats	2	3-4
Other	2	2

With this as your guide, use the serving size guide and calendar check list to track your diet. You may notice that when you consume the appropriate amounts of healthy foods, you are not as hungry for unhealthy foods. We also know that if you restrict yourself too much, you are less likely to be successful. The “Other” category is meant to give you flexibility to enjoy foods you love, that may not fit in the traditional categories, in moderation.

Download the following tools as references and to help you track your diet and exercise.

- [Serving Size Guide](#): This gives you an idea of how big a “serving” should be in each of the food categories.
- [Calendar Check List](#): Keep this on your refrigerator or visible to help you track your food intake and exercise.
- [Pocket Serving Reference](#): This small visual guide is perfect to keep in your wallet as a guide to eating during the day. It will help you to keep serving sizes in check and be a friendly reminder of your commitment to your health.