

MetaboLife®

Serving Size Guide

Use with the tracking calendar as a guide to healthy eating. You may realize that when you get the required amount of healthy food, you are not as hungry for the unhealthy things in your diet.

Dairy

1 cup	Unsweetened soy or almond milk
1 cup	Yogurt, plain
1 oz.	Cheese
1 cup	Low-fat cottage or ricotta cheese

Fruits & Vegetables

1 piece	Apple, orange, nectarine, peach or kiwi
½ piece	Grapefruit
1 cup	Fresh berries (strawberries, blueberries, or raspberries)
1 cup	Melon
½ cup	Cooked vegetables
1 cup	Raw vegetables or salad greens

Lean Protein

3 oz.	Turkey or chicken with skin removed, lean beef
3 oz.	Fish fillet, shell fish
3 oz.	Canned tuna in water
6 oz.	Tofu
¾ cup	Egg substitute
6	Egg whites
3	Medium eggs
1/4 cup	Nuts

Whole Grains

1 tortilla	Low-carb tortilla
⅓ cup	Cooked wild rice or barley
½ cup	Cooked beans
½ cup	Corn, cooked or baked sweet or white potato
3 cups	Popcorn, hot air popped or microwave (80% light)
½ cup	Steel cut, Irish, or whole oats, cooked

Healthy Fats

1 tsp	Oil (preferably extra virgin olive oil or canola oil)
1 tbsp	Reduced fat, trans fat free margarine, mayonnaise or salad dressing
2 tbsp	Cream cheese
1/2	Avocado
8 large	Olives or nuts

Other

1 oz	Dark chocolate (plain or with nuts)
4 oz.	Red wine
1 1/2 oz or 1 shot	Unmixed spirits