Always eat your protein first and then focus on vegetables/fruit. Then eat starch/grain last.

Why protein first? Protein helps you feel fuller for longer which will be critical when you start feeling hunger.

**Portion Sizes vs. Serving Sizes**

Portion size and serving size aren’t always the same. A portion is the amount of food you choose to eat at one time, while a serving is a specific amount of food, such as one slice of bread or 8 ounces (1 cup) of milk.

**Here are some quick ways to determine the serving size of your food without measuring cups!**

1. 3 ounces of meat, fish, or poultry - *Palm of hand (no fingers)*
2. 1 ounce of meat or cheese - *Thumb (top to base)*
3. 1 cup or 1 medium fruit - *Fist*
4. 1-2 ounces of nuts or pretzels - *Cupped hand*
5. 1 tablespoon - *Thumb (top to 1st joint)*
6. 1 teaspoon - *Fingertip (top to 1st joint)*

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