

# Portion Control = Weight Loss Success

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**0-3 Months:** Serving size  $\frac{1}{4}$  cup, 24-40 grams of protein per day, 48-64 fluid ounces of water or non-sweetened beverages. Do not add bread, cereal, rice, pasta, fruits or vegetables at this stage of your diet.

Fill your  $\frac{1}{4}$  measuring cup with fat free milk and yogurt, low fat cheese, eggs, dried beans, peanut butter, lean chicken, pork and beef.



## ***Remember...***

Protein comes from animal products, dried beans and nuts.

Generally  $\frac{1}{4}$  cup of protein foods will provide you with 4-10 grams of protein.

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**3-6 Months:** Serving size  $\frac{1}{2}$  cup, 40-50 grams of protein, and 48-64 fluid ounces of water or non-sweetened beverages. Continue to eat only protein rich foods.

Increase your serving size at each meal to  $\frac{1}{2}$  cup. Continue to fill your cup with lean protein including fish, low fat dairy products, nuts, and dried beans.



Don't forget to take your vitamins!

Exercise should be a part of your daily routine.

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**6-9 Months:** Serving size  $\frac{3}{4}$  cup, 50-60 grams of protein, and 48-64 fluid ounces of water or non-sweetened beverages. You should still eat  $\frac{1}{2}$  measured cup of protein and now add  $\frac{1}{4}$  cup of bread, cereal, rice, pasta, fruits or vegetables to your meals.

Now is the time you can add  $\frac{1}{4}$  cup of fruits, vegetables, bread, cereal, rice or pasta to your meals.

Eat your protein first and it should be  $\frac{1}{2}$  cup of protein at each meal.



Remember healthy food choices. Avoid foods that have been fried. Limit high fat breads like biscuits, fried cornbread, hushpuppies, and fries. It is also important to limit high fat salad dressings, gravy and sauces.

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**9-12 Months:** Serving size 1 cup, 60-70 grams of protein, and 48-64 fluid ounces of water or non-sweetened beverages. Again, eat  $\frac{1}{2}$  cup lean protein at each meal and add two  $\frac{1}{4}$  cup servings of bread, cereal, rice, pasta, fruit, or vegetables to each meal.

Breakfast:  $\frac{1}{2}$  c. greek yogurt,  $\frac{1}{4}$  c. diced pears,  $\frac{1}{4}$  c. cheerios  
Lunch:  $\frac{1}{2}$  c. canned tuna,  $\frac{1}{4}$  c. cucumbers, 3-4 whole wheat crackers.

Supper:  $\frac{1}{2}$  c. diced chicken,  $\frac{1}{4}$  c. sweet potatoes,  $\frac{1}{4}$  c. green beans  
Snack: 2 tbsp. peanut butter



Don't forget your exercise. You need at least 30-45 minutes of moderately intense exercise 3-5 days a week.