

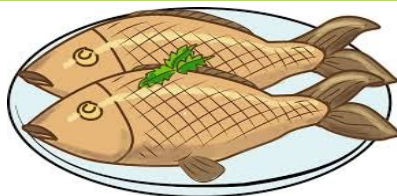


## How Much Should I Eat EVERY WEEK ?

Beans (1 serving equals 2 oz)  
At least 3 servings



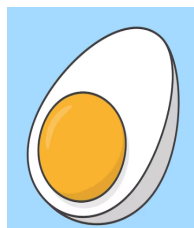
Fish (1 serving equals 3 oz)  
3 servings a week



Nuts (1 serving equals 1 oz)  
At least 3 servings a week



Eggs  
Limit: 3 servings



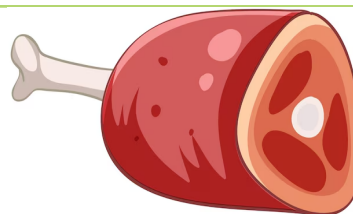
No limit on egg whites

Not too many yolks

Meat



white meat 3 serving a week



Limit: 1 serving (3 oz.)  
of lean red meat

Wine (optional)

Women - limit to 1 glass  
per day



Men - limit to 2 glasses  
per day



Desserts  
Limit: Less than 3 servings

