

# HUMAN FAQ

## What about . . . PORTION SIZES?

This information was generated by Gold Director Rowan Emrys, c.N.M.T., an independent distributor for DYNAMITE® Specialty Products. The views expressed herein do not necessarily reflect those of DYNAMITE® MARKETING, Inc. No claims are expressed or implied, and this information is not intended to diagnose, prescribe or cure.

**P**ortions, smortions! Who in the world knows what “they” are talking about when discussing portion size? What about those recipes that say serves 6 and you barely had enough to feed both you and your partner? And when we go out, we certainly do *not* have measuring cups available!

*So, just what is one of these mythical portions anyway?* According to the U.S. Department of Agriculture, portion sizes are what is listed below in the chart.

*Well, how many “portions” should I have?* That is going to depend on your height, gender, activity level, age, whether you need to lose/gain/maintain weight, etc. Most individuals do well if they head for a minimum of 12 servings of brightly colored, varied veggies (including 1-3 fruit servings) per day, and then add the balance of the daily food intake according to the general 65-80% alkaline ratio depending on individual metabolic and caloric needs. There are some sample menu suggestions on the other side to enable you to develop your own.

*How much food should I eat?* One general rule of thumb is to never eat more at a sitting than your two fists combined. Unless you have particularly large or small hands for your size, that should give you a fairly good estimate of just what your stomach can contain safely and digest thoroughly as long as you chew well. Eating more but smaller (1 fist) meals per day seems to help many people immensely.

*How can I tell how much food I’m getting when I go out?* Use the “looks like” column at home to gauge these amounts accurately; when you go out, “eyeball” what’s there, divide it right away according to what your particular portions should be and put the rest immediately into a “doggie bag” for another meal. You can also share standard portions, or simply order kids’ or ½ portions.

**E**at according to your mind rather than your eyes or tummy. It will take some retraining, but portions *can* come under control! ■

### STANDARD SERVING SIZES US Dept of Agriculture

| FOOD                       | SERVING                         | LOOKS LIKE   |
|----------------------------|---------------------------------|--|
| Chopped Vegetables         | ½ cup                           | 1 ice cream scoop or rounded handful               |
| Cooked Vegetables          | ½ cup                           | 1 ice cream scoop or rounded handful               |
| Raw Vegetables             | 1 cup                           | 1 baseball or fist                                 |
| Fresh Fruit                | 1 medium piece<br>½ cup chopped | 1 baseball<br>1 ice cream scoop or rounded handful |
| Dried Fruit                | ¼ cup                           | 1 golf ball or scant handful                       |
| Pasta, Rice, Cooked Cereal | ½ cup                           | 1 ice cream scoop or rounded handful               |
| Meat, Poultry, Seafood     | 3 oz.                           | deck of cards or palm of hand                      |
| Fish fillets               | 3 oz.                           | checkbook  |
| Dried beans                | ½ cup cooked                    | 1 ice cream scoop or rounded handful               |
| Nuts                       | ⅓ cup                           | level handful                                      |
| Nut butter                 | 2 tablespoons                   | 1 golf ball  |
| Cheese, real               | 1 oz.                           | thumb or a pair of dice                            |
| Milk, yogurt               | 1 - 8 oz. cup                   |  |
| Oils, other fats           | 1 teaspoon                      | 2 teabags  |

# SAMPLE MENUS

based on an approximately 75% alkaline diet with 12 servings/vegetables and 4 servings "other" per day

- Use fresh organic, deeply colored vegetables and fruits
- For animal products, locate range-fed or wild sources only
- Adjust suggested amounts according to your personal percentage and caloric needs or add evening snack
- Take your **DYNAMITE** supplements: **Elixir**, **Regular** or **Plus**, and **TriMins**

| MEAL      | MENU   | SERVINGS               |  | MEAL                 | MENU   | SERVINGS              |
|-----------|--|------------------------|--|----------------------|--|-----------------------|
| breakfast | 1 cup baked yam<br>1/2 cup mixed dried fruit<br>1 soft-boiled egg  | 3 produce<br>1 other   |  | breakfast            | 1/2 cup cooked brown rice<br>1/4 cup diced dried apricots<br>1 medium diced banana   | 2 produce<br>1 other  |
| snack     | 1/2 cup berries<br>1/2 cup yogurt  | 1 produce<br>.5 other  |  | snack                | 1/2 cup berries<br>1/2 cup yogurt  | 1 produce<br>.5 other |
| lunch     | Vegetable salad: 2 cups dark green lettuce, 1 cup leftover cooked veggies, 1 cup diced raw veggies, 1 hard-boiled egg  | 5 produce<br>1 other   |  | lunch                | 1½ cups vegetarian chili with pinto beans, carrots, onions, tomatoes, etc.<br>1/2 cup raw veggie sticks<br>1 ounce grated cheese   | 4 produce<br>1 other  |
| snack     | 1 medium whole fruit<br>1/2 handful nuts   | 1 produce<br>.5 other  |  | snack                | 1 medium whole fruit<br>1/2 handful nuts   | 1 produce<br>.5 other |
| dinner    | Dinner salad: 1 cup dark green lettuce, 1/2 cup diced red/green/yellow peppers<br>1 cup steamed carrots<br>3 oz. roast chicken                                       | 3.5 produce<br>1 other |  | dinner               | Dinner salad: 1 cup dark green lettuce, 1/2 cup diced daikon & celery root<br>1 cup steamed asparagus<br>3 oz. grilled wild salmon   | 4 produce<br>1 other  |
| breakfast | 2 cups vegetable soup in chicken broth base  | 2 produce<br>.5 other  |  | breakfast            | 1.5 cups homemade cauliflower & broccoli soup  | 3 produce<br>1 other  |
| snack     | 1/2 cup berries<br>1/2 cup yogurt  | 1 produce<br>.5 other  |  | snack                | 1/2 cup berries<br>1/2 cup yogurt  | 1 produce<br>.5 other |
| lunch     | Taco salad: 2 cups dark green lettuce, 1/2 cup canned black beans, 1 cup diced raw veggies (onions, tomatoes, jalapenos), 1 ounce cheese                             | 5 produce<br>1 other   |  | lunch                | 1½ cups vegetarian chili with pinto beans, carrots, onions, tomatoes, etc.<br>1/2 cup raw veggie sticks<br>1 ounce cheese  | 4 produce<br>1 other  |
| snack     | 1 medium whole fruit<br>1/2 handful nuts   | 1 produce<br>.5 other  |  | snack                | 1 medium whole fruit<br>1/2 handful nuts   | 1 produce<br>.5 other |
| dinner    | Dinner salad: 1 cup dark green lettuce, 1/2 cup diced tomatoes<br>1 small baked potato<br>1/2 cup steamed broccoli<br>3 oz. grilled steak                            | 4 produce<br>1 other   |  | dinner               | Dinner salad: 1 cup mixed baby greens<br>1 cup grilled asparagus<br>1/2 cup grilled purple potatoes<br>3 oz. grilled wild salmon   | 4 produce<br>1 other  |
| breakfast | 1 cup fruit salad with<br>1/2 cup yogurt dressing<br>& 1/4 cup coconut   | 2.5 produce<br>1 other |  | <b>CLEANSING DAY</b> |  |                       |
| snack     | 1 cup celery & carrot sticks<br>1 tablespoon almond butter   | 1 produce<br>.5 other  |  | breakfast            | 4 oz. fresh green veggie juice<br>whipped with 1 raw egg yolk  | 4 produce<br>1 other  |
| lunch     | 1/2 cup rice<br>1 cup stir-fried vegetables<br>1 cup salad   | 3 produce<br>1 other   |  | snack                | 1 medium whole fruit<br>1/2 handful nuts   | 1 produce<br>.5 other |
| snack     | 1 medium whole fruit<br>1/2 handful nuts   | 1 produce<br>.5 other  |  | lunch                | 1 cup grated carrots<br>1/4 cup raisins/dates/figs/etc.<br>1 tblspn @ fresh lemon juice/olive oil  | 4 produce<br>1 other  |
| dinner    | 2 egg omelet folded over<br>1 cup sauteed veggies: mushrooms, onions, peppers, etc.<br>Dinner salad: 1 cup dark green lettuce, 1/2 c each diced cucumbers & tomatoes | 4 produce<br>2 other   |  | snack                | 1 medium whole fruit<br>1/2 handful nuts   | 1 produce<br>.5 other |
|           |  |                        |  | dinner               | 1/2 cup each zucchini & celery<br>1 cup steamed green beans<br>Blend together with a bit of steam water, seasonings (dash of olive oil or butter, NTM Salt, jalapeno, etc.) & raw egg yolk | 4 produce<br>1 other  |