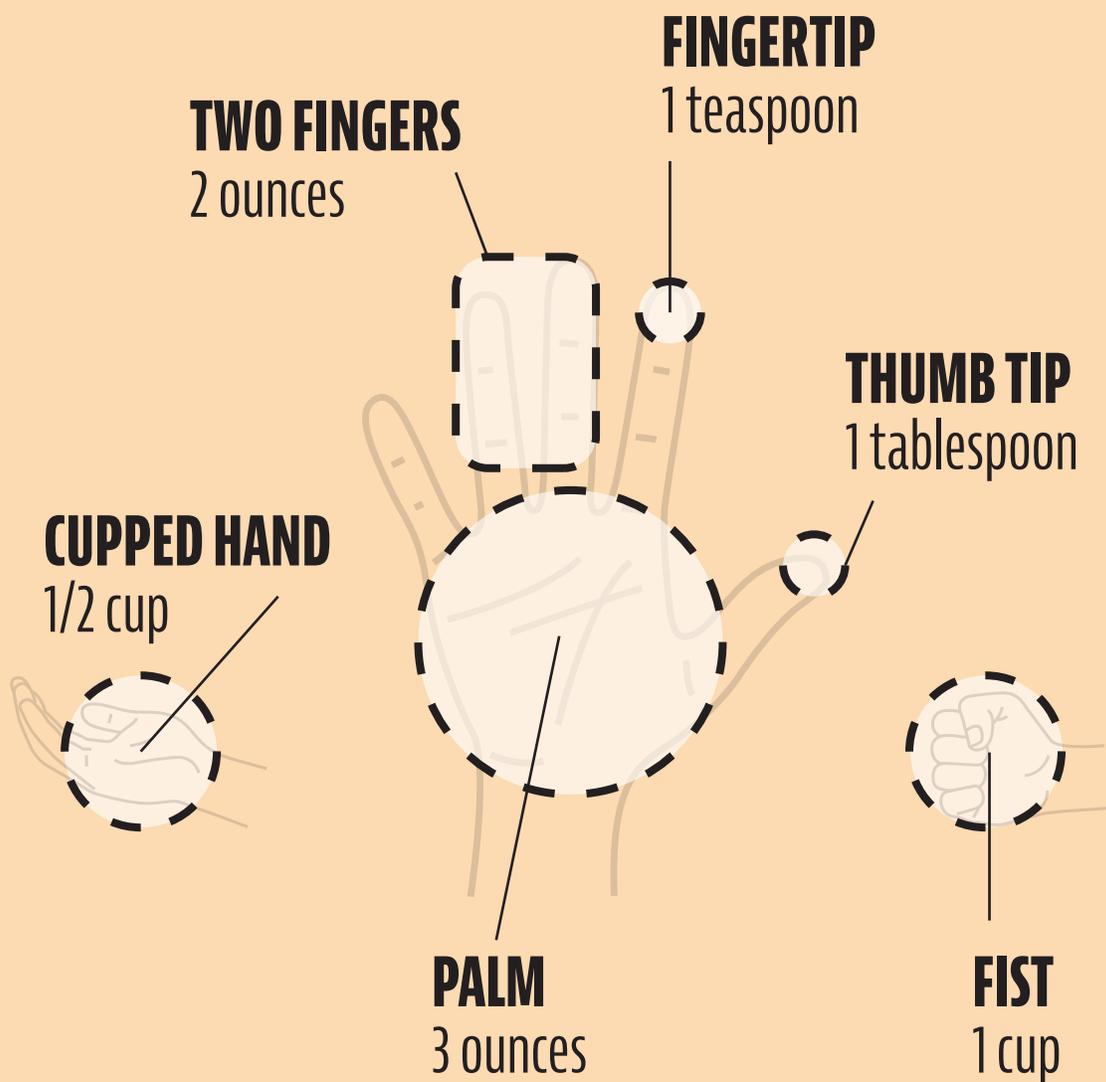


# LET YOUR HAND LEAD THE WAY

The hand method is not an exact science, but it does come in, well, handy. Following are some general guidelines for how to be good with your hands by food group. Each example represents a standard unit of measure and not necessarily the amount you should eat of any given food.



The information provided in this guide was taken from Dr. Lisa Young's recent book *Finally Full, Finally Slim: 30 Days to Permanent Weight Loss One Portion at a Time*