

# MEASURING FOR SUCCESS

Some people find that common objects make the best ad hoc measuring tools. These visuals are easy to remember. Following are some items you can picture when cooking or eating out.



**BASEBALL**—1 cup fruits or vegetables; 1 cup ready-to-eat cereal, cooked pasta, rice or other grains



**HOCKEY PUCK**—1/2 cup legumes, hummus, cooked oatmeal or other cooked grains, or tomato sauce



**CD CASE**—slice of bread



**COMPUTER MOUSE**—1 small sweet potato or baked potato



**CHECKBOOK**—3 to 4 ounces whitefish (flounder, filet of sole, red snapper)



**DECK OF CARDS**—3 ounces salmon, chicken or meat



**4 DICE**—1 ounce of cheese



**CAP** (from 16 ounce water bottle)—1 teaspoon oil, gravy, sugar or honey



**GOLF BALL**—1/4 cup nuts or seeds



**SHOT GLASS**—2 tablespoons oil or salad dressing. 1/2 shot glass—1 tablespoon



**DENTAL FLOSS CONTAINER**—1 ounce chocolate or a cookie



**TEACUP**—5 ounces of wine

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*