



DharmaGaia Integrative Medicine
Empowering the Healing Process!

Practical
Advice
For
General
Nutrition





Eat mindfully and minimize distractions during meal time.
Surround yourself with healthful foods.
Add color to your diet (vegetables, fruits).



Drink more water.
Enjoy the process of eating your food.

Portion Sizes Use these as a visual aid



One fist clenched to measure 8 fluid ounces for beverages.



Two hands cupped to measure 1 cup for cereal, salads.





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Palm of hand to measure 3
ounces for meats, fish.



Two thumbs together to measure
1 tablespoon for peanut butter,
dressings and dips.

For the happiest, healthiest you 😊



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Disclaimer