

Potty Pointers

Easy Frames of Reference



Research-based recommendations from health and financial experts can be complex. Don't get tripped up on detailed calculations or measurements. You're more likely to stick with recommendations when you have an easy frame of reference. Use these easy, practical ideas for health and wealth.

Try these practical ways to estimate portion sizes:

- 3 oz. of meat = 1 deck of cards
- 1 tsp. butter = 1 postage stamp (1/4-inch thick)
- 1 medium piece of fruit = 1 tennis ball
- 1 cup salad = 1 baseball

Here are some easy ideas for money management:

- Save at least the amount that your employer will match in your 401K or 403B retirement account.
- Buy a house that costs no more than 2½ times your annual income.
- Purchase life insurance equal to 6 to 10 times your annual income.

Make life a little easier. Use easy frames of reference to achieve health and wealth goals.

Learn more strategies for success with Small Steps to Health and Wealth.

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