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Experts Reveal: 15 Small Diet Changes for Weight Loss

By Jennipher Walters



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LINDA LARUE: WATCH CARB SERVING SIZES

While carbohydrates are great for energy, it's easy to eat way too many if you're paying attention. Fitness expert and creator of the total-body core training system **The Core Transformer** Linda LaRue recommends to keep portions in check—especially when you're eating out.

"Remember that a recommended carbohydrate serving—such as pasta, pizza, bread, or rice—is 1/3 to 1/2 cup. That's the size of a golf ball or mouse," she says. "Most restaurants give you three cups of [pasta](#). That's the equivalent of six carb servings!"

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