

PORTION CONTROL GUIDE

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PROTEIN

LEAN PROTEIN WITH EVERY MEAL

Eat 1 palm sized portions of lean protein, both width and thickness, with every meal. Protein dense foods like meat, fish, dairy or beans.



VEGETABLES

VEGETABLES WITH EVERY MEAL

Eat 2 closed fists of raw or cooked vegetables with every meal. Vegetables like, broccoli, carrots, spinach, peppers, mushrooms etc.



CARBOHYDRATES

CARBOHYDRATES BASED ON ACTIVITY

Eat 1 handful of carbohydrate dense foods like grains and starches, pre and post exercise. For example, rice, potatoes, pasta, quinoa, rice cakes etc.



FATS

HEALTHY FATS WITH EVERY MEAL

Eat 1 thumb sized portions of healthy fats with every meal. Fat dense foods such as nuts, seeds, oils, butter, avocado etc.

