

# Hand Portioning Guide

Calorie counting can be tedious & complicated. Here's a way to portion your food that doesn't require a scale, measuring cups, smartphone app or calculator. This is also a great tool to use when you are eating out & portion sizes are way bigger than average meals. To portion your food try to keep protein, veggies, carbs & fats around the size of the pictures below.



1 palm of protein dense foods with each meal



1 fist of vegetables with each meal



1 cupped handful of carb dense foods with most meals



1 entire thumb of fat dense foods with most meals

**Note:** Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

**Also note:** Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

**\*Protein** dense foods include: beef, chicken, fish, eggs or white meat pork

**Vegetables:** include a variety of vegetables {not potatoes in this category}

**Carbs:** Potatoes, fruit [berries are best], whole grains like rice

**Fats** include: oils, nuts, seeds & avocados

\*This list is not inclusive but is meant to give you an idea of types of food with suggested portions.