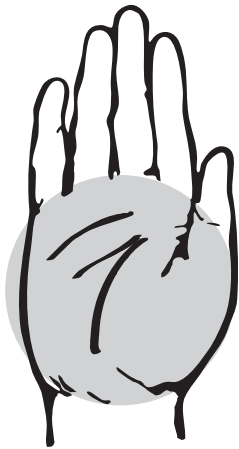


# Hand-Sized Portion Guide

NAME .....

DATE .....



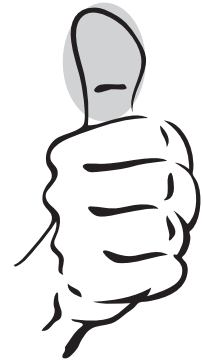
Your palm determines your protein portions



Your fist determines your veggie portions



Your cupped hand determines your carb portions



Your thumb determines your fat portions

## This works well for many reasons.

First, hands are portable. They come with you to work lunches, restaurants, social gatherings, etc.

Second, hands are scaled to the individual. Bigger people need more food, and tend to have bigger hands, therefore getting larger portions. Smaller people need less food, and tend to have smaller hands, therefore getting smaller portions.

Third, it provides reasonable amounts of nutrient dense foods and their specific macronutrients (thus preventing deficiencies). It will help you meet your protein, vegetable, carb, fat, and calorie needs without having to count a gram or weigh a food.

Assuming you're active and eat about 4 meals per day, this is what we find to be a great starting point:

### For each meal, men might begin by eating:

- 2 palms of protein dense foods;
- 2 fists of vegetables;
- 2 cupped handfuls of carb dense foods; and
- 2 thumbs of fat dense foods.

### And for each meal, women might begin by eating:

- 1 palm of protein dense foods;
- 1 fist of vegetables;
- 1 cupped handful of carb dense foods; and
- 1 thumb of fat dense foods.