

Portion size guide

WONDERING WHAT A PROPER PORTION SIZE IS? HATE THE IDEA OF MEASURING? NO PROBLEM. ALL YOU NEED IS ONE OF YOUR HANDS.

Vegetables or Fruits

1 serving = Approximately 1 fist

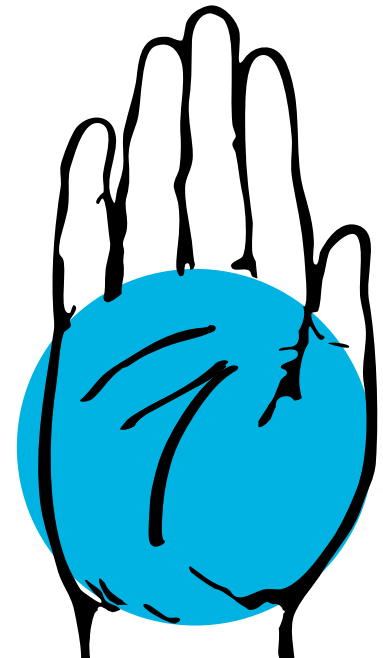
- For leafy greens, 1 serving = 2 fists.
- For starchy vegetables such as potatoes and yams, 1 serving = 1/2 fist.



Lean Protein

1 serving = Approximately 1 palm

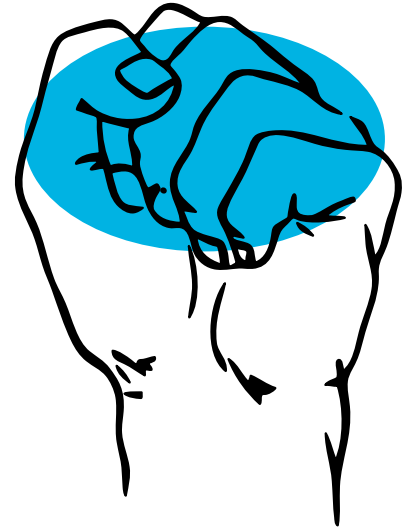
- For large or active people, especially men, 1 serving = 2 palms
- Lean protein can include:
 - Lean red meat (e.g. beef, pork, wild game)
 - Poultry (e.g. chicken, turkey, duck)
 - Fish & seafood
 - Cottage cheese
 - Eggs
 - Tofu or tempeh



Whole Grains, Beans, & Legumes

1 serving = Approximately 1/2 fist

- For large or active people, especially men, 1 serving = 1 fist
- Beans & legumes can include chickpeas, lentils, black beans, kidney beans, pinto beans, black-eyed peas, fava beans, etc.
- Whole grains ideally means whole grains – i.e. the whole, intact grain seed (rather than processed flours, breads, bagels, noodles and pasta, baked goods, etc. wherever possible).
- Whole grains can include:
 - whole or steel-cut oats
 - brown, red, or wild rice
 - quinoa, amaranth, buckwheat groats
 - whole wheat, spelt, or kamut grains
 - corn
 - millet, barley



Healthy Fats

1 serving = Approximately 1 thumb

- For large or active people, especially men, 1 serving = 2 thumbs
- Healthy fats can include:
 - Nuts (e.g. almonds, walnuts, cashews, etc.)
 - Nut butters (e.g. almond butter)
 - Seeds (e.g. pumpkin seeds, hemp seeds, chia seeds, etc.)
 - Olives and extra-virgin olive oil
 - Avocado
 - Butter
 - Coconut, coconut milk, coconut oil
 - Cold-pressed oils such as hemp, pumpkin seed, flax, or walnut oil
 - Fatty fish such as salmon and mackerel

