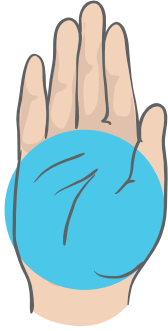


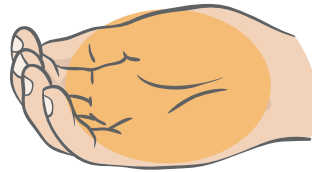
# Hand-size portion guide



**A serving of protein**  
= 1 palm



**A serving of vegetables**  
= 1 fist



**A serving of carbs**  
= 1 cupped hand



**A serving of fats**  
= 1 thumb

Using hands to measure portions is a good approach for most clients who don't need specific amounts of foods or macronutrients.

- 1. Hands are portable.** They come with you to work lunches, restaurants, social gatherings, etc.
- 2. Hands are a consistent size, providing a consistent reference.**
- 3. Hands scale with 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.
- 4. Hand-size portions can help you track food choices, nutrients, and energy simply and easily.** This saves time-consuming and often unnecessary weighing and measuring, which most people don't need.

Hand portion table

FOOD CATEGORY	HAND PORTIONS	MACRONUTRIENT	CONVENTIONAL MEASUREMENT EQUIVALENT
Proteins	1 palm	~20-30 g	~3-4 oz (85-115 g) cooked meat / tofu, 2 whole eggs, 1 cup Greek yogurt
Vegetables	1 fist	N/A	~1 cup non-starchy vegetables
Carbohydrates	1 handful	~20-30 g	~1/2 to 2/3 cup (100-130 g) cooked grains / legumes, 1 medium fruit / tuber
Fats	1 thumb	~7-12 g	~1 tbsp (14 g) oils, nuts, seeds, nut butter, cheese, etc.