

# PORTION CONTROL GUIDE

## FORGET CALORIE COUNTING. TRY THIS METHOD INSTEAD.

Most people think controlling portions means counting calories, but we think there's a better way. Try our (much easier) Hand Measure system instead.

### YOUR HAND IS ALL YOU NEED

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of protein  
= 1 palm



A serving of  
vegetables = 1 fist



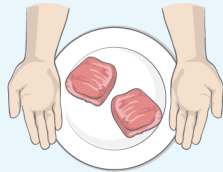
A serving of carbs  
= 1 cupped hand



A serving of  
fats = 1 thumb



### HERE'S HOW TO USE THIS METHOD TO BUILD A PLATE



**Men:**  
Two palm-sized portions  
(~ 40-60 g protein)

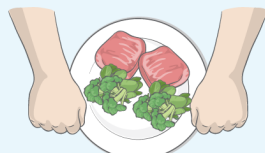
#### STEP 1

#### PROTEIN

Meat, fish, eggs,  
cottage cheese,  
and Greek yogurt



**Women:**  
One palm-sized portion  
(~ 20-30 g protein)



**Men:**  
Two fist-sized portions

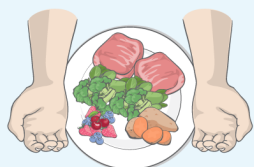
#### STEP 2

#### VEGETABLES

Broccoli, spinach,  
salad, carrots, etc.



**Women:**  
One fist-sized portion



**Men:**  
Two cupped-hand sized portions  
(~ 40-60 g carbs)

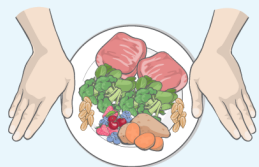
#### STEP 3

#### CARBOHYDRATES

Grains, starches,  
beans, and fruits



**Women:**  
One cupped-hand sized portion  
(~ 20-30 g carbs)

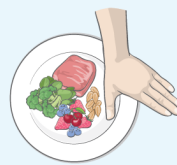


**Men:**  
Two thumb-sized portions  
(~ 15-25 g fat)

#### STEP 4

#### FATS

Oils, butters,  
nut butters, nuts,  
and seeds



**Women:**  
One thumb-sized portion  
(~ 7-12 g fat)

Men eating 3-4 meals as outlined would get around 2,300 - 3,000 calories each day.  
Women eating 3-4 meals as outlined would get around 1,200 - 1,500 calories each day.