










Handy Portion Guide

Foods	Appropriate Portion Description	Visuals
<p>Protein-dense foods including lean meats, fish, tofu, eggs, dairy, or beans (chickpeas, lentils, kidney beans), use a palm sized serving.</p> <p>Remember that higher fat meats, dairy, and cheeses are higher in calories so choose less often and in smaller portions</p>	<p>Men may choose two palm-sized portions with each meal</p> <p>Women may choose one palm-sized portion with each meal</p>	
<p>For carbohydrate-dense foods use a cupped hand or a fist to determine your serving size.</p> <p>These foods include grains, rice, pasta, quinoa, oats, cereals, and breads, as well as all fruits, and starchy veg like carrots, squash, potatoes, corn, peas, and legumes</p> <p>Choose 100% whole grains and starchy veggies more often than white, refined grains</p>	<p>Men may choose 2 fists or 2 cupped-hand sized portions of carbohydrates with most meals.</p> <p>Women may choose 1 fist or 1 cupped-hand sized portion of carbohydrates with most meals</p>	

Foods	Appropriate Portion Description	Visuals
<p>For most veggies like broccoli, leafy greens, zucchini, and peppers use 2 large handfuls, or 2 fist fulls to determine your serving. Include veggies in all meals and snacks.</p> <p>Try to fill half your plate with a variety of veggies raw or cooked</p>	<p>Both men and women can eat vegetables in generous portions. Veggies are low calorie and packed with fibre and nutrients so fill up here!</p> <p>Add frozen or fresh to soups, stews, and sauces and other grain/egg dishes to increase the nutrient density of your meal</p> <p>**Watch portions of starchy vegetables as listed in the row above</p>	  
<p>For fats choose a thumb size portion.</p> <p>Fats include avocados, butter/margarine, nuts and seeds and mayonnaise</p> <p>Choose healthy fats like nuts and seeds, nut butters and vegetable oils more often.</p>	<p>Men may choose two thumb-sized portions with each meal</p> <p>Women may choose one thumb-sized portion with each meal</p> <p>Remember you also find fats in meats and dairy and hidden in processed snack foods so watch portions of these items</p>	 

How big is YOUR hand??

If you're a bigger person, you probably have a bigger hand, and a smaller person will have a relatively smaller hand. This makes your own hand the perfect personalized and portable measuring tool for your own food intake.

Planning your meals flexibly

The guidelines above assume you'll be eating about 3-4 balanced meals a day, with a couple of planned snacks. I recommend not going longer than 3-5 hours without eating to keep hunger and blood sugars stable. This is a simple and flexible guide for meal planning. Listen to your body and make small adjustments to your portions based on your hunger, fullness, and performance goals. If you're trying to gain weight, and having trouble gaining, try adding another cupped palm of carbohydrates or another thumb of fats. Likewise, if you're trying to lose weight but not seeing results, try cutting a cupped palm of carbohydrates or a thumb of fats at particular meals. For weight loss and healthy habits, watch out for liquid calories, sauces and condiments, restaurant meals, higher fat meats, and dairy, sweetened items, and baked goods and "Other" foods" like processed snacks i.e. chips, cookies, chocolates and snack bars.