

# PORTION CONTROL GUIDE

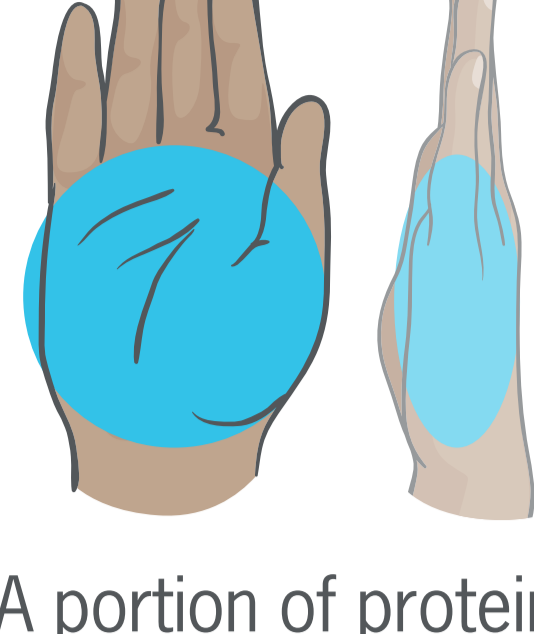
SKIP CALORIE COUNTING. TRY THIS METHOD INSTEAD.

Most people think controlling portions means counting calories or macros, but we think there's another way. Try our (much easier) hand portion system.

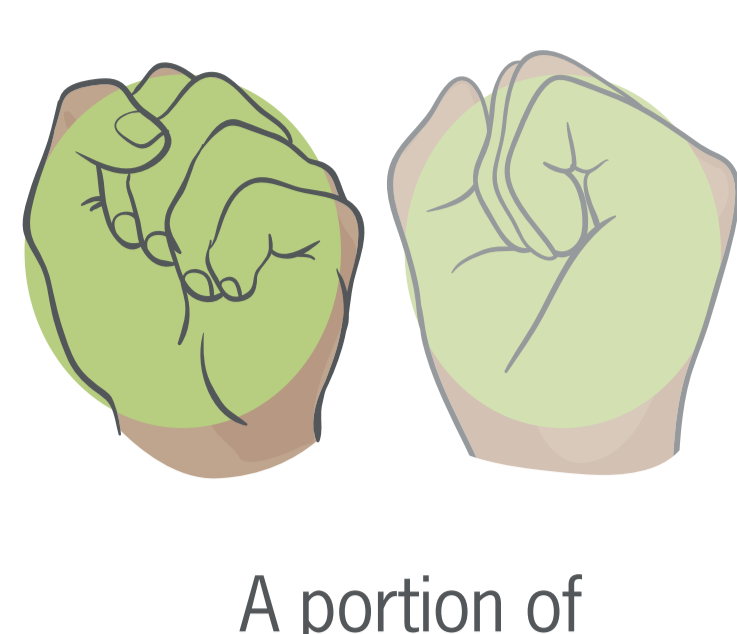


## YOUR HAND IS YOUR PORTIONING TOOL

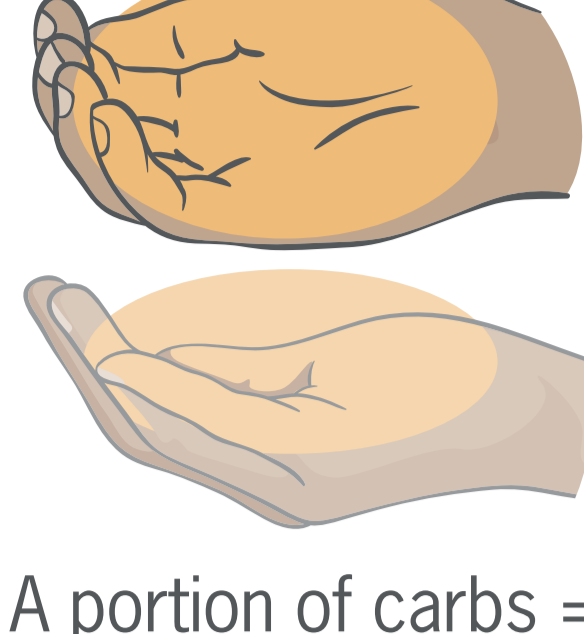
Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients—minimal counting required.



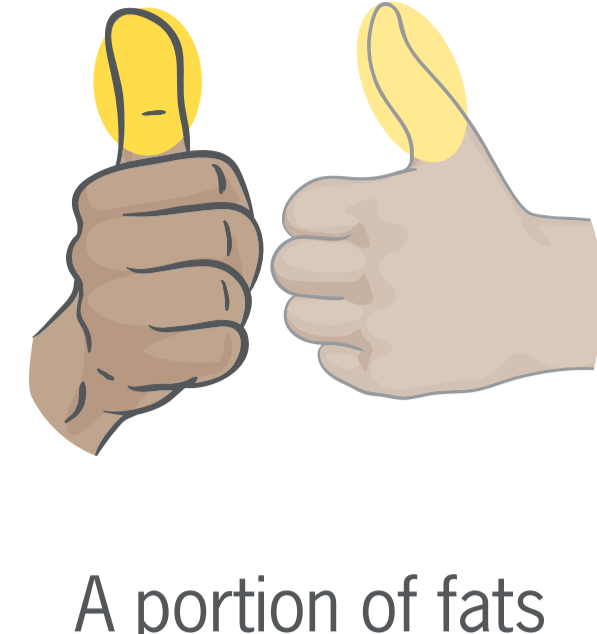
A portion of protein = 1 palm



A portion of vegetables = 1 fist



A portion of carbs = 1 cupped hand



A portion of fats = 1 thumb



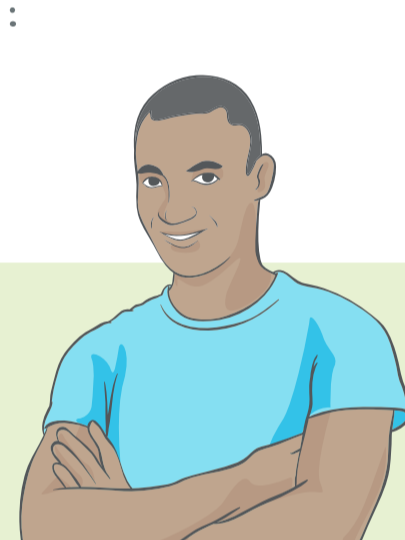
## TAILOR PORTIONS TO YOUR ACTIVITY LEVEL, GOALS, AND PREFERENCES

Moderately active folks can generally maintain their weight and improve their health with 1-2 portions of each food group per meal,\* but there's lots of potential for variation. Here are some examples of customized plates based on eating 3 meals per day.

	PROTEIN	VEGETABLES	CARBOHYDRATES	FATS
<b>LOWER ENERGY NEEDS</b>	E.g. meat, fish, eggs, cottage cheese, Greek yogurt, tempeh, tofu	E.g. broccoli, spinach, squash, carrots, tomatoes	E.g. grains, potatoes, beans, fruits	E.g. oils, butters, nut butters, nuts, seeds
<b>Minimal activity: No purposeful exercise, &lt;6,000 steps/day</b>				
<b>Goal:</b> Lose body fat and overall body weight <b>Preference:</b> Balanced	x2	x2		
<b>Goal:</b> Improve health and maintain body weight <b>Preference:</b> Higher-carb		x2	x3	
<b>Moderate activity: 3-4 workouts/week, 6,000 - 10,000 steps/day</b>				
<b>Goal:</b> Lose fat and overall body weight <b>Preference:</b> Lower-carb	x2	x2	X	x3
<b>Goal:</b> Improve health and maintain body weight <b>Preference:</b> Balanced <small>If you're new to hand portions, this plate may be a good place to start.</small>	x2	x2	x2	x2
<b>Goal:</b> Gain muscle and overall body weight <b>Preference:</b> Balanced	x2		x3	x3
<b>High activity: 6-7 workouts/week, 10,000 - 15,000 steps/day</b>				
<b>Goal:</b> Improve health and maintain body weight <b>Preference:</b> Lower-carb	x2	x2		x6
<b>Goal:</b> Gain muscle and overall body weight <b>Preference:</b> Higher-carb	x2		x6	x2

### HIGHER ENERGY NEEDS

Not sure where a food fits? Check out ["What should I eat?!"](#) Our 3-step guide for choosing the best foods for your body.



\*1-2 portions of each food group per meal works out to ~400-800 kcal for men and ~350-700 kcal for women.



## EASY WAYS TO CUSTOMIZE YOUR HAND PORTIONS

### IF YOU NEED MORE FOOD ON YOUR PLATE BECAUSE YOU'RE...

- Not feeling satisfied at meals
- Eating fewer meals throughout the day
- Not getting muscle-gain results

### IF YOU NEED LESS FOOD ON YOUR PLATE BECAUSE YOU'RE...

- Feeling too full at meals
- Eating more meals throughout the day
- Not getting weight-loss results

### ...THEN START BY ADDING...

- + 1 cupped handful of carbs
- and/or
- + 1 thumb of fat

...TO A FEW MEALS, FOR A TOTAL OF 2-3 ADDITIONAL PORTIONS EACH DAY.

### ...THEN START BY REMOVING...

- 1 cupped handful of carbs
- and/or
- 1 thumb of fat

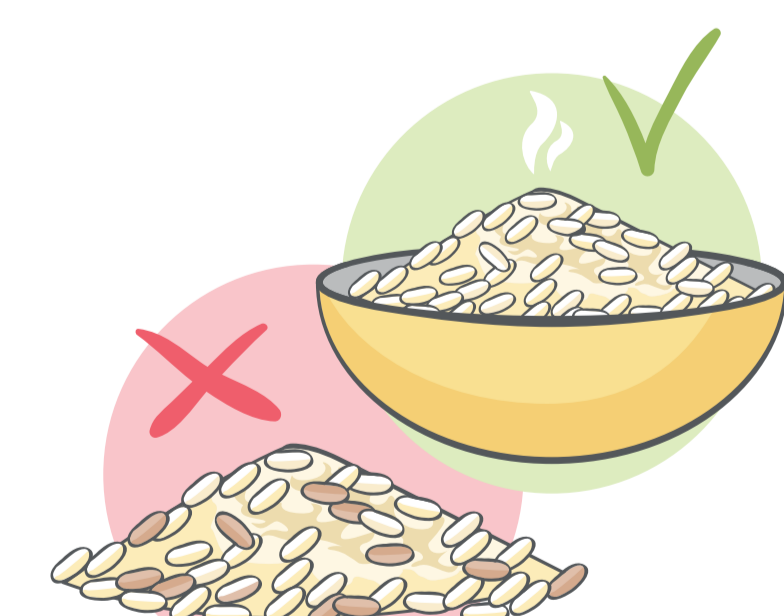
...FROM A FEW MEALS, FOR A TOTAL OF 2-3 FEWER PORTIONS EACH DAY.

### Want personalized hand portion amounts?

Use the [Precision Nutrition Calculator](#) to customize based on your goals, preferences, age, body size, activity level, and more.



## HAND PORTION FAQ



### Cooked or uncooked?

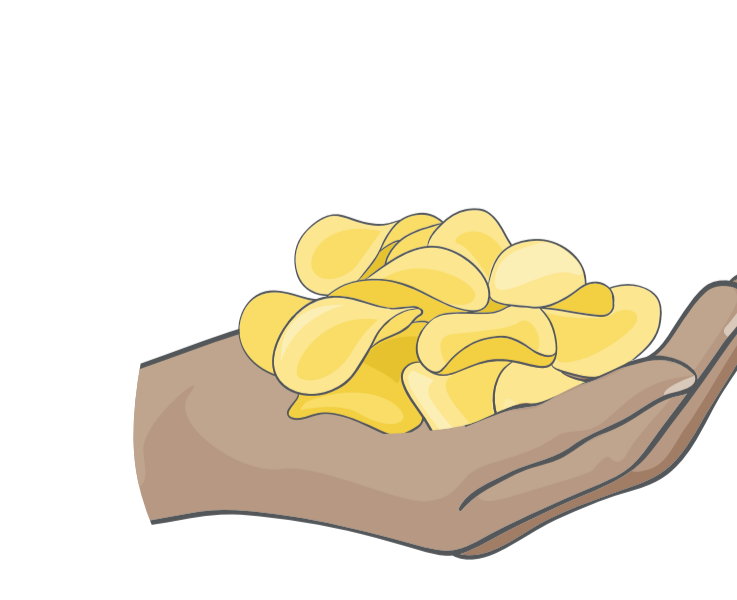
Gauge portions in the form you plan to eat them. Hand portions are for *plating* your food.



### How do I count mixed-food meals, like chili?

Don't overthink it.

- Guesstimate your portions.
- Eat mindfully, paying attention to your fullness cues.
- Add a side of veggies (and maybe extra protein).



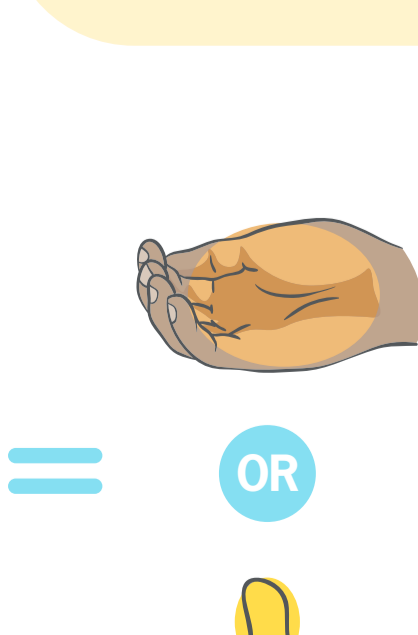
### How about cookies, ice cream, chips (and other highly-processed foods)?

One handful is equal to 1 thumb of fat and 1 cupped hand of carbs.

### How do I handle alcohol?



1 serving of wine, light beer, or spirits



1 serving of mixed drinks, craft or high-alcohol beer, or dessert wine

