



4-Step Guide

How To Build The Perfect Meal

Portion control is in the palm of your hand

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Hand Guide To Portion Control

Portion sizes have steadily increased over time. Consistently serving more on our plate leads to consistent overeating.

There is a simple and proven method to manage portion sizes. Utilizing this method will lead to a developed awareness of portion size and a healthy relationship with the foods and beverages we consume.

The Hand Portion Method is a method that uses your hand to gauge the size of a portion. Your hands are proportional to your body and they go where you go. This makes them the perfect tool to quickly and easily estimate your portion size, even when you're eating out.

This method is for anyone who struggles with the idea of using food tracking apps, a scale, and meal logs.

It's the perfect way to build any meal, with a habit-centric approach. To get started, try each step below.

Step 1: Start With Protein

Why is it the base of our meal?

Protein is the base of the meal because it is a key component for the support of almost every function of your body. While carbohydrates should comprise a portion of your meal, protein should be your base. Many focus on carbohydrates as the base of their meal and choose carbohydrates that are highly refined. These carbohydrates have a lower nutrient density and, often times, a higher glycemic index. It is important to understand that protein will keep you satiated longer after your meal than refined carbohydrates.

How do I apply this step?

Raise your hand in front of your face. This will be your new portion measure. Here, we will apply a method pioneered by Precision Nutrition. For protein, one serving can be measured as one to two palm-sizes of meat, fish, dairy or plant based source of protein. Here are some examples:

- Chicken breast
- Turkey mince
- Lean beef
- Beef jerky
- Salmon
- Low-fat dairy yogurt
- Protein bar
- Scoop of whey protein

MALE PORTION



FEMALE PORTION



Step 2: Fill Half The Plate With Fruits Or Vegetables

Why?

We have all heard that fruit and vegetables should be the foundation of a healthy diet. But do we really know why? In short, they provide essential micronutrients (e.g. vitamins and minerals), antioxidants and fiber needed for:

- Energy production
- Immune function
- Control of inflammation
- Healthy digestive system
- Overall health

What are some examples of fruit and veg portions?

- 1-2 handfuls of spinach in stir fry
- Mixed garden vegetables
- Chopped peppers/carrots and hummus
- Mixed fruit salad
- Roasted sweet potato fries

MALE PORTION



FEMALE PORTION



Step 3: Fill The Remainder Of The Plate With Carbs

Why does this step come last?

Carbohydrates are **NOT BAD** when portion control is implemented. However, it often comes as a surprise to see one true serving size of rice, pasta or bread - it is a lot smaller than one would think!

What are good sources of carbohydrate?

As a rule of thumb, try to prioritize carbohydrates that maintain their natural fiber. They will help to fuel your body with the energy it needs. Here are some examples:

- Potatoes & sweet potato
- Legumes
- Lentils
- Brown rice & pasta
- Quinoa
- Bulgur wheat
- Oats
- Wholegrain cereal
- Whole wheat/grain bread

MALE PORTION



FEMALE PORTION



Step 4: Add A Source Of Healthy Fats

Why should we include fat, I thought it was bad?

When we say healthy fats, we mean unsaturated fats, versus saturated. Dietary fat is essential. We need fatty acids for several crucial functions including the absorption of vitamins, production of hormones and cell protection. Unsaturated fats, which are liquid at room temperature, are considered beneficial fats because they can play a number of other beneficial roles like improving blood cholesterol levels and easing inflammation.

How do I apply this step?

Raise your hand in front of your face again and stick out your thumb. Depending on your size, incorporate 1-2 thumb-sizes of fat into your meal.

Here are examples of healthy fats:

- Cold-pressed, virgin olive oil
- Coconut oil (saturated fat, but still good)
- Small handful of nuts (1-2 thumbs)
- Pasture Raised/Grass Fed Butter or Ghee
- Seeds (flax, chia, etc.)
- Avocado
- Avocado
- Whole eggs

MALE PORTION

FEMALE PORTION

