

HEATHER CAREY, MS

PORTION SIZE CHEAT SHEET



**BUILD PERFECT NUTRITIOUS
DELICIOUS MEALS... WITH YOUR
HANDS.**

GREEN PALETTE, LLC

When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all too easy to misjudge correct portion sizes. In this cheat sheet, you'll be able to build your meals using your hands and simple measurements. The amount of portions depends on many factors including weight/height, health issues, and nutrition goals such as weight loss.



FOODS

HAND PORTION

EQUIVALENT MEASUREMENTS

Vegetables



1 cup | 5oz
Fist

Fruits



1 cup | 5oz
Fist

Meat, Fish and Poultry



½ cup | 3oz
Palm of hand

Eggs



2 eggs

Rice, noodles, pasta



½ cup | 3oz
Cup of hand

Beans, lentils and pulses



½ cup | 3oz
Cup of hand

Cheese



⅓ cup | 1oz
Thumb

Nuts, Seeds and Olives



⅓ cup | 1oz
Thumb

Oils, Coconut butter, Nut butters, Ghee

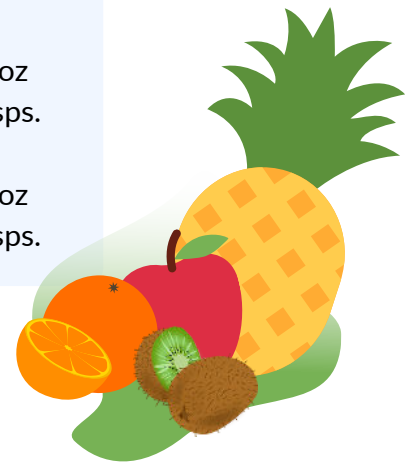


⅓ cup | 1oz
or 1-2 Tbsps.

Spices

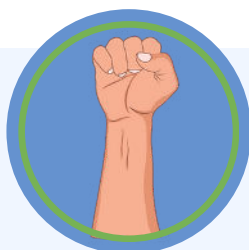


⅓ cup | 1oz
or 1-2 Tbsps.

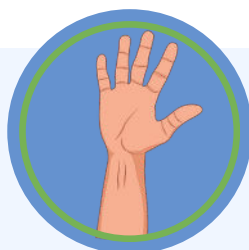


HOW TO USE SERVINGS TO BUILD YOUR PERFECT MEALS

GENERAL EQUIVALENTS



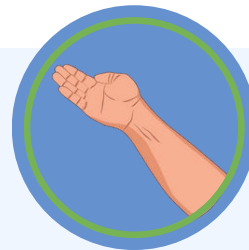
A serving of fruit and vegetables = 1 fist



A serving of protein = 1 palm



A serving of fats = 1 thumb



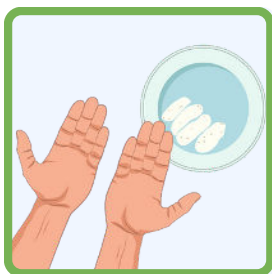
A serving of carbs = 1 cupped hand

SERVINGS VS PORTIONS

Servings are standardized, measured portions of food and drink. It is usually on the back of food packaging along with other nutritional information.

A portion is the amount of food you choose to eat for a meal or snack. This may be more, or less, than a recommended serving.

PERFECT MEAL



MALE PORTION



FEMALE PORTION

PROTEIN

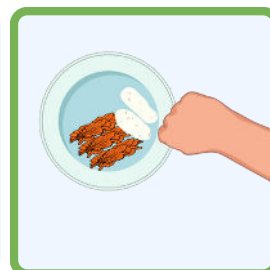
Start with protein! Eat palm-sized portions of lean protein, both width, and thickness, with every meal.

VEGETABLES

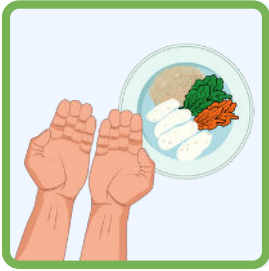
Eat closed fists of raw or cooked vegetables with every meal.



MALE PORTION



FEMALE PORTION



MALE PORTION



FEMALE PORTION

CARBOHYDRATES (CARBS)

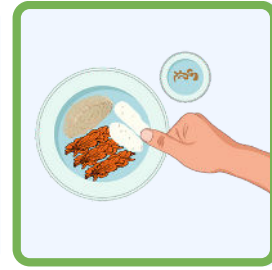
Eat handfuls worth of carbohydrate-dense foods like grains and starches.

HEALTHY FATS

Eat thumb-sized portions of healthy fats with every meal.



MALE PORTION



FEMALE PORTION

CARBOHYDRATES

Baked Beans
 Cooked Lentils
 Wholegrain bread
 Barley
 Oat Bran
 Wheat Bran
 Bulgur
 Bran cereal
 Oatmeal
 Couscous
 Farro
 Pasta
 Brown rice
 Quinoa
 Corn

VEGETABLES/ FRUIT

Apples
 Oranges
 Green beans
 Sweet potato
 Asparagus
 Beets
 Broccoli
 Bok choy
 Carrots
 Cauliflower
 Celery
 Cucumber
 Green onion
 Kale
 Mushrooms

LEAN PROTEIN

Chicken
 Turkey
 Lean beef
 Lean pork
 Shellfish
 Eggs
 Tofu
 Tempeh
 Edamame
 Beans/Legumes
 Fish
 Seafood

HEALTHY FATS

Avocado
 Almonds
 Brazil nuts
 Hazelnuts
 Macadamia
 Pistachios
 Walnuts
 Pine nuts
 Olives
 Cheese
 Rapeseed oil
 Olive oil

** These lists are not exhaustive and should not be used as a way of excluding other foods. This is for guidance only.