PORTION CONTROL GUIDE

MALE PORTION CONTROL GUIDE

PROTEIN

LEAN PROTEIN WITH EVERY MEAL

Eat 2 palm sized portions of lean protein, both width and thickness, with every meal. Protein dense foods like meat, fish, dairy or beans.

VEGETABLES

VEGETABLES WITH EVERY MEAL

Eat 2 closed fists of raw or cooked vegetables with every meal. Vegetables like, broccoli, carrots, spinach, peppers, mushrooms etc.

CARBOHYDRATES

CARBOHYDRATES BASED ON ACTIVITY

Eat 2 handfuls worth of carbohydrate dense foods like grains and starches, pre and post exercise. For example, rice, potatoes, pasta, quinoa, rice cakes etc.

FATS

HEALTHY FATS WITH EVERY MEAL

Eat 2 thumb sized portions of healthy fats with every meal. Fat dense foods such as nuts, seeds, oils, butter, avocado etc.

FEMALE PORTION CONTROL GUIDE
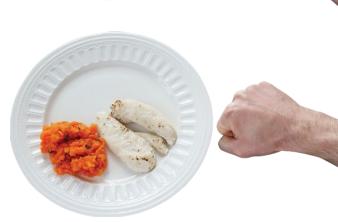
PROTEIN

LEAN PROTEIN WITH EVERY MEAL

Eat 1 palm sized portion of lean protein, both width and thickness, with every meal. Protein dense foods like meat, fish, dairy or beans.

VEGETABLES

VEGETABLES WITH EVERY MEAL

Eat 1 closed fist of raw or cooked vegetables with every meal. Vegetables like, broccoli, carrots, spinach, peppers, mushrooms etc.

CARBOHYDRATES

CARBOHYDRATES BASED ON ACTIVITY

Eat 1 handful worth of carbohydrate dense foods like grains and starches, pre and post exercise. For example, rice, potatoes, pasta, quinoa, rice cakes etc.

FATS

HEALTHY FATS WITH EVERY MEAL

Eat 1 thumb sized portion of healthy fats with every meal. Fat dense foods such as nuts, seeds, oils, butter, avocado etc.

the Heart2Heart foundation