PORTION CONTROL GUIDE

FORGET CALORIE COUNTING.
TRY THIS METHOD INSTEAD.

Most people think controlling portions means counting calories, but we think there's a better way. Try our (much easier) Hand Measure system instead.

YOUR HAND IS ALL YOU NEED

Your hand is proportional 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 serving of protein = 1 palm
A serving of vegetables = 1 fist
A serving of carbs = 1 cupped hand
A serving of fats = 1 thumb

HERE’S HOW TO USE THIS METHOD TO BUILD A PLATE
Men eating 3-4 meals as outlined would get around 2,300 - 3,000 calories each day.
Women eating 3-4 meals as outlined would get around 1,200 - 1,500 calories each day.

**STEP 1**

**PROTEIN**
- **Men:** Two palm-sized portions (~ 40-60 g protein)
- **Women:** One palm-sized portion (~ 20-30 g protein)

**STEP 2**

**VEGETABLES**
- **Men:** Two fist-sized portions
- **Women:** One fist-sized portion

**STEP 3**

**CARBOHYDRATES**
- **Men:** Two cupped-hand sized portions (~ 40-60 g carbs)
- **Women:** One cupped-hand sized portion (~ 20-30 g carbs)

**STEP 4**

**FATS**
- **Men:** Two thumb-sized portions (~ 15-25 g fat)
- **Women:** One thumb-sized portion (~ 7-12 g fat)
NOW, CUSTOMIZE THE PLAN FOR YOU

Active men do best with 6-8 servings of each food group per day (~2,300-3,000 kcal). Active women do best with 4-6 servings of each food group per day (~1,500 - 2,100 kcal).

From there, adjust the number of portions to meet your personal needs and goals.

<table>
<thead>
<tr>
<th>IF YOU NEED MORE FOOD BECAUSE YOU...</th>
<th>IF YOU NEED LESS FOOD BECAUSE YOU...</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Are larger in stature</td>
<td>• Are smaller in stature</td>
</tr>
<tr>
<td>• Aren't feeling satisfied at meals</td>
<td>• Are feeling too full at meals</td>
</tr>
<tr>
<td>• Eat less frequently throughout the day</td>
<td>• Eat more frequently throughout the day</td>
</tr>
<tr>
<td>• Are very active</td>
<td>• Are not very active</td>
</tr>
<tr>
<td>• Are trying to gain muscle</td>
<td>• Are trying to lose weight</td>
</tr>
<tr>
<td>• Aren’t getting muscle-gain results</td>
<td>• Aren’t getting weight-loss results</td>
</tr>
</tbody>
</table>

...THEN START BY ADDING...

**Men:** 1 cupped handful of carbs and/or 1 thumb of fat to a few meals each day.

**Women:** 1/2 cupped handful of carbs and/or 1/2 thumb of fat to a few meals each day.

...THEN START BY REMOVING...

**Men:** 1 cupped handful of carbs and/or 1 thumb of fat from a few meals each day.

**Women:** 1/2 cupped handful of carbs and/or 1/2 thumb of fat from a few meals each day.

This system is easier than counting calories and nearly as accurate. Just like with counting, though, pay attention to results and adjust as needed.

For the full article explaining this infographic:
http://www.precisionnutrition.com/calorie-control-guide