

# Portion size guide

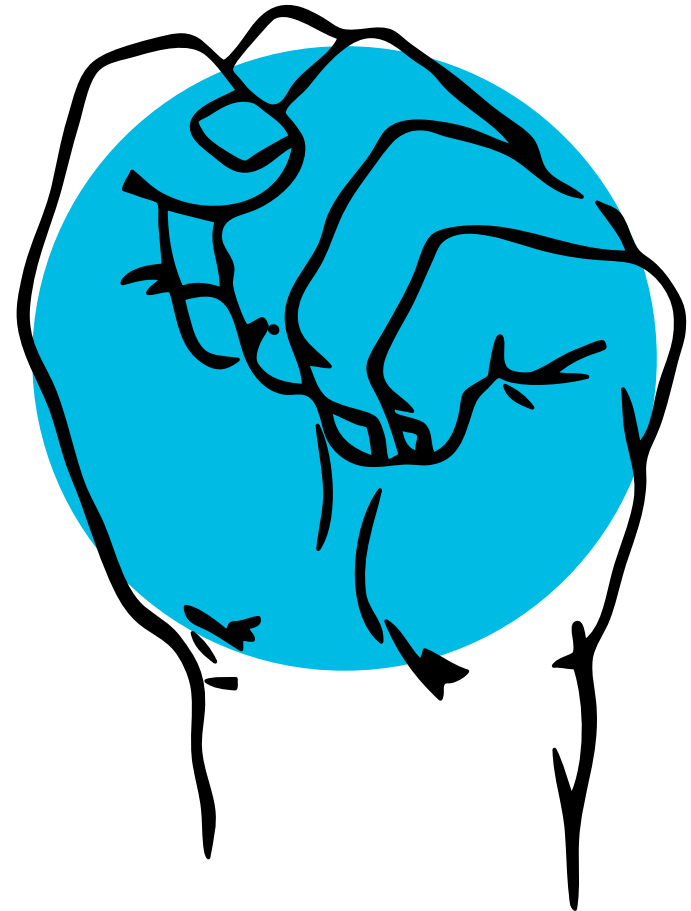
Wondering what a proper portion size is? Hate the idea of measuring? No problem. All you need is one of your hands.

## Vegetables or Fruits

**1 serving = Approximately 1 fist**

Notes:

1. For leafy greens, 1 serving = 2 fists.
2. For starchy vegetables such as potatoes and yams, 1 serving = 1/2 fist.



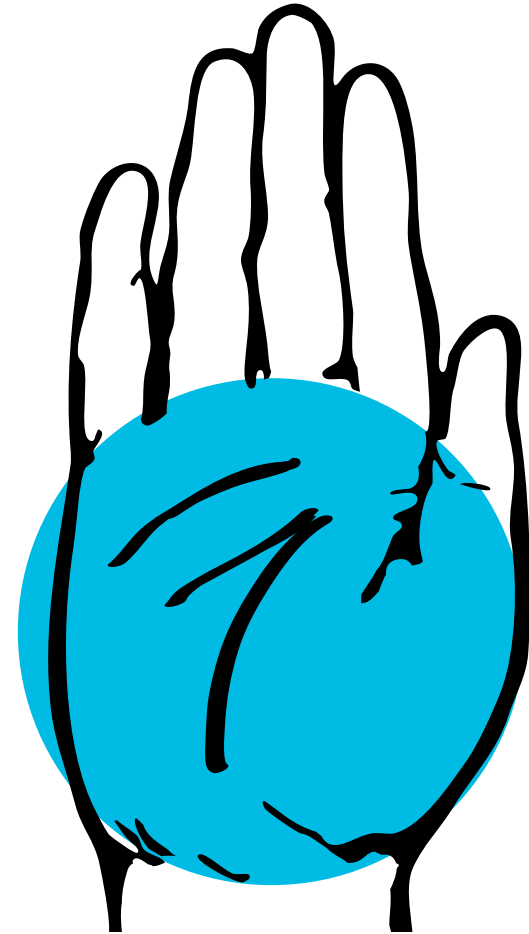
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## Lean Protein

**1 serving = Approximately 1 palm**

Notes:

1. For large or active people, especially men, 1 serving = 2 palms
2. Lean protein can include:
  - Lean red meat (e.g. beef, pork, wild game)
  - Poultry (e.g. chicken, turkey, duck)
  - Fish & seafood
  - Cottage cheese
  - Eggs
  - Tofu or tempeh



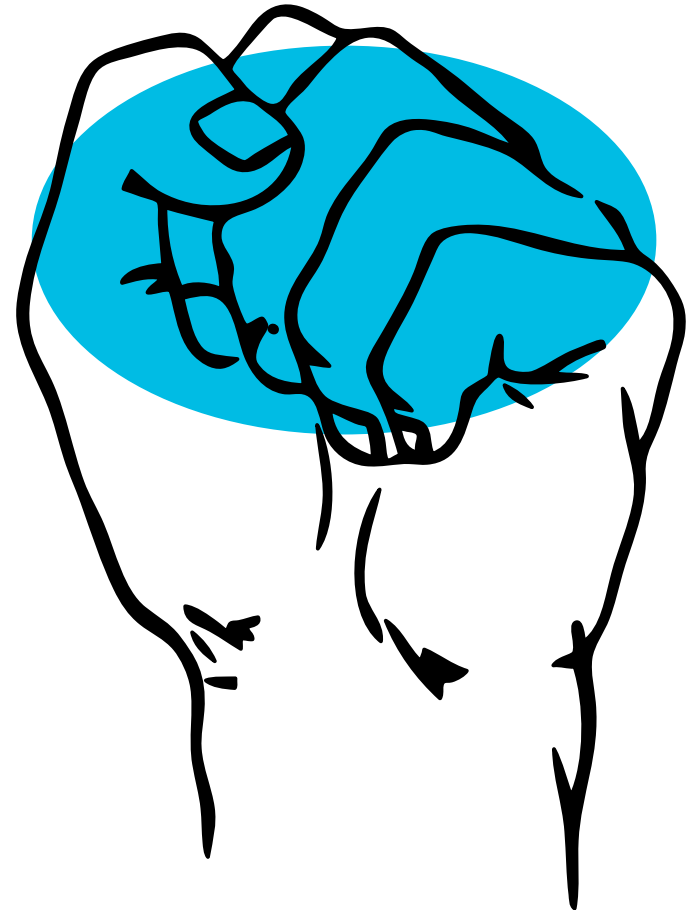
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## Whole Grains, Beans, & Legumes

### 1 serving = Approximately 1/2 fist

Notes:

1. For large or active people, especially men, 1 serving = 1 fist
2. Beans & legumes can include chickpeas, lentils, black beans, kidney beans, pinto beans, black-eyed peas, fava beans, etc.
3. Whole grains ideally means whole grains – i.e. the whole, intact grain seed (rather than processed flours, breads, bagels, noodles and pasta, baked goods, etc. wherever possible).
4. Whole grains can include:
  - whole or steel-cut oats
  - brown, red, or wild rice
  - quinoa, amaranth, buckwheat groats
  - whole wheat, spelt, or kamut grains
  - corn
  - millet, barley



## Healthy Fats

### 1 serving = Approximately 1 thumb

Notes:

1. For large or active people, especially men, 1 serving = 2 thumbs
2. Healthy fats can include:
  - Nuts (e.g. almonds, walnuts, cashews, etc.)
  - Nut butters (e.g. almond butter)
  - Seeds (e.g. pumpkin seeds, hemp seeds, chia seeds, etc.)
  - Olives and extra-virgin olive oil
  - Avocado
  - Butter
  - Coconut, coconut milk, coconut oil
  - Cold-pressed oils such as hemp, pumpkin seed, flax, or walnut oil
  - Fatty fish such as salmon and mackerel

