

Meals Made Simple

a visual guide for healthy portion sizing



Building a healthy meal doesn't take a kitchen full of measuring equipment. All you have to do is make a few simple shapes with your hands. Use this whenever you plan meals, and you'll never be left guessing.



1) Protein

Women: 1 open palm
Men: 2 open palms

Start with a good source of protein. Fish, chicken, beef, etc. are all excellent sources of protein. Cottage cheese, eggs, quinoa and beans are also great options.



2) Vegetables

Women: 1 closed fist
Men: 2 closed fists

Next, choose a vegetable (or a few). Look for a variety of colors in your veggies. Fresh beats frozen. Frozen beats canned. Canned beats none.



3) Carbs

Women: 1 cupped hand
Men: 2 cupped hands

For carbohydrates, you can either choose fresh fruits, whole grains, tubers, or legumes. Keep processed carbs and sugars to a minimum.



4) Fats / Oils

Women: 1 thumb
Men: 2 thumbs

Nuts, seeds, oils, and butter are all great sources of fat. Avocados are another good source. Avoid industrial vegetable oils such as canola, soybean, or 'vegetable' oil.

Add herbs, spices, and flavorings to taste.