

Portion Guide

GRAINS & STARCHES

1 SERVING = 1 FIST

What does 1 serving size look like?

Portion Goal:
2 fists at every meal



- | | |
|----------------------------|------------------------|
| ½ cup quinoa | 1 small potato |
| ½ cup white/brown rice | 1 small sweet potato |
| ½ cup pasta | 1 cup butternut squash |
| ½ cup oatmeal | 1 corn on the cob |
| 2 slices of bread | ½ cup beans |
| 1 wrap-size flour tortilla | ½ cup lentils |
| 2 medium corn tortillas | 3 rice cakes |

What does 1 serving size look like?

FRUIT

- | | |
|--------------------|-----------------|
| 1 cup blueberries | 1 apple |
| 1 cup raspberries | 1 small banana |
| 1 cup strawberries | 1 cup pineapple |

VEGETABLES

2 cups raw or 1 cup cooked

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|-----------|------------------|--------------|
| Broccoli | Carrots | Zucchini |
| Asparagus | Grape fruit | Snap peas |
| Spinach | Brussels sprouts | Mushrooms |
| Kale | Cauliflower | Bell Peppers |



FRUIT & VEGETABLES

1 SERVING = 1 FIST

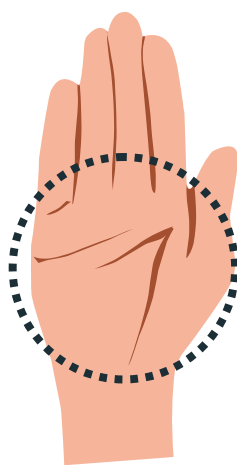
Portion Goal:
2 fists at every meal

PROTEIN

1 SERVING = 1 PALM

What does 1 serving size look like?

Portion Goal:
1 palm at every meal



- | | |
|---------------------|----------------------|
| 3 oz chicken breast | 4 oz ground turkey |
| 3 oz lean beef | 5 slices deli turkey |
| 4 oz salmon | 4 large eggs |
| 3 oz tuna | 1 cup Greek yogurt |
| 15 shrimps | ½ block tofu |
| | ½ block tempeh |

Plant-based proteins

(otherwise classified as grains and starches)

- 1.5 cups lentils
- 1.5 cups beans
- 1 cup edamame

HEALTHY FATS

1 SERVING = 1 THUMB

What does 1 serving size look like?

- | | |
|----------------------|-------------------------|
| 2 TBSP flax seeds | 1 TBSP avocado oil |
| 2 TBSP pumpkin seeds | 2 TBSP salad dressing |
| 1 TBSP nut butter | 2 TBSP low-fat cheese |
| 2 TBSP hummus | 1/4 avocado |
| 1 TBSP olive oil | 1 small handful of nuts |

Portion Goal:
1 thumb at every meal



Remember to customize your shopping list based on your dietary requirements.