

Portion Size

The Hand Method.

No need for complicated weights and measures when it comes to portion control, your hand is a great reference...

Palm & Fingers



Palm:
100g to 150g = 1 serve of protein
(beef, chicken, fish)

Tip of index finger:
Teaspoon or 5g = 1 serve of fats

Thumb:
Tablespoon or 15g = 1/2 a serve of nuts

Fist



Closed fist:
1 cup or 150g to 200g = 2 serves of carbs
(noodles, quinoa, pumpkin)