

KEEPING TRACK: PORTIONS ARE IN YOUR HANDS!

DAY	BREAKFAST	LUNCH	DINNER
M	Protein: Palm Veggies: Fist Carbs: Cupped hand Fats: Thumb	Protein: Palm Veggies: Fist Carbs: Cupped Hand Fats: Thumb	Protein: Palm Veggies: Fist Carbs: Cupped Hand Fats: Thumb
T	Protein: Palm Veggies: Fist Carbs: Cupped hand Fats: Thumb	Protein: Palm Veggies: Fist Carbs: Cupped Hand Fats: Thumb	Protein: Palm Veggies: Fist Carbs: Cupped Hand Fats: Thumb
W	Protein: Palm Veggies: Fist Carbs: Cupped hand Fats: Thumb	Protein: Palm Veggies: Fist Carbs: Cupped Hand Fats: Thumb	Protein: Palm Veggies: Fist Carbs: Cupped Hand Fats: Thumb
Th	Protein: Palm Veggies: Fist Carbs: Cupped hand Fats: Thumb	Protein: Palm Veggies: Fist Carbs: Cupped Hand Fats: Thumb	Protein: Palm Veggies: Fist Carbs: Cupped Hand Fats: Thumb
F	Protein: Palm Veggies: Fist Carbs: Cupped hand Fats: Thumb	Protein: Palm Veggies: Fist Carbs: Cupped Hand Fats: Thumb	Protein: Palm Veggies: Fist Carbs: Cupped Hand Fats: Thumb
Sa	Protein: Palm Veggies: Fist Carbs: Cupped hand Fats: Thumb	Protein: Palm Veggies: Fist Carbs: Cupped hand Fats: Thumb	Protein: Palm Veggies: Fist Carbs: Cupped hand Fats: Thumb
Su	Protein: Palm Veggies: Fist Carbs: Cupped Hand Fats: Thumb	Protein: Palm Veggies: Fist Carbs: Cupped Hand Fats: Thumb	Protein: Palm Veggies: Fist Carbs: Cupped Hand Fats: Thumb

PROTEINS INCLUDE MEAT, FISH, EGGS, YOGURT

VEGGIES INCLUDE BROCCOLI, SALAD, SPINACH, BEETS, ETC

CARBS INCLUDE GRAINS, STARCHES (POTATOES), BEANS, FRUITS

**EACH TIME YOU
EAT THE
RECOMMENDED
PORTION SIZE,
CIRCLE IT!**

**AIM FOR 8-10
CIRCLES A DAY**

If you need to eat more because you are larger in stature, are very active or aren't satisfied after a meal, add one more veggie, carb and/or fat serving to 1-2 meals each day.

If you need to eat less because you are smaller in stature, feel too full, or are trying to lose weight, take out one serving of carbs and/or fat in 1-2 meals each day.