

# PEAK PERFORMANCE

fitness facility

Portion Control is Key!



HERE ARE 4 SIMPLE WAYS TO IMPROVE YOUR EATING HABITS



## ARRANGE YOUR PLATE FOR SUCCESS! A SIMPLE GUIDE FOR PORTION CONTROL

At every meal, we want roughly 30% protein, 40% green leafy vegetables, no more than 15% of the vegetables coming from high glycemic (or starchy) foods, and about 15-20% healthy fats.... This seems complicated you say? It can be as simple as using your hand!

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of protein  
= 1 palm



A serving of vegetables = 1 fist



A serving of carbs  
= 1 cupped hand



A serving of fats = 1 thumb

**Men:**  
Two palm-sized portions  
(~ 40-60 g protein)

**STEP 1**  
**PROTEIN**  
Meat, fish, eggs,  
cottage cheese,  
and Greek yogurt

**Women:**  
One palm-sized portion  
(~ 20-30 g protein)

**STEP 1**  
**PROTEIN**  
Meat, fish, eggs,  
cottage cheese,  
and Greek yogurt

**Men:**  
Two fist-sized portions

**STEP 2**  
**VEGETABLES**  
Broccoli, spinach,  
salad, carrots, etc.

**Women:**  
One fist-sized portion

**STEP 2**  
**VEGETABLES**  
Broccoli, spinach,  
salad, carrots, etc.

**Men:**  
Two cupped-hand sized portions  
(~ 40-60 g carbs)

**STEP 3**  
**CARBOHYDRATES**  
Grains, starches,  
beans, and fruits

**Women:**  
One cupped-hand sized portion  
(~ 20-30 g carbs)

**STEP 3**  
**CARBOHYDRATES**  
Grains, starches,  
beans, and fruits

**Men:**  
Two thumb-sized portions  
(~ 15-25 g fat)

**STEP 4**  
**FATS**  
Oils, butters,  
nut butters, nuts,  
and seeds

**Women:**  
One thumb-sized portion  
(~ 7-12 g fat)

**STEP 4**  
**FATS**  
Oils, butters,  
nut butters, nuts,  
and seeds