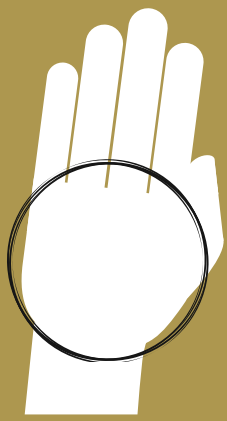




A simple guide to managing your

Portion Sizes

Use your hand for an easy estimation of appropriate portion sizes.



PALM

Use the size and thickness of your palm to estimate your FISH, MEAT & POULTRY portions (or vegetarian protein-rich substitutes)



ONE FIST

Use a fist to estimate starchy carbs, such as COUSCOUS, RICE and PASTA, BEANS, POTATO



TWO FISTS

Use a fist to estimate the size of a portion of VEGETABLES/FRUIT



THUMB

Use a thumb to estimate added fats such as, HEALTHY OILS, CHEESE, PEANUT BUTTER

OR...

SMALL HANDFUL



Of nuts.

If you would like more healthy eating guidance, why not book a consultation with our Nutritional Health Expert?