



# FOOD AND PORTION CONTROL

# PROTEIN

## Protein sources

Prioritize fresh, lean, minimally-processed sources of protein, and consider limiting red meat to ~18 oz (or 4 palms) per week or less.

### EAT MORE



Eggs and egg whites



Fish



Shellfish



Chicken  
Lean beef



Duck breast and thighs



Turkey



Lean beef



Bison



Lean pork



Wild game



Other meats

goat, camel, horse, kangaroo, crocodile



Insects



Tempeh



Tofu



Edamame



Cultured cottage cheese



Plain Greek yogurt



Lentils and beans

These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).

### EAT SOME



Uncultured cottage cheese



Medium-lean meats



Canadian bacon



Lamb



Meat jerky



Poultry sausage



Minimally processed lean deli meat



Protein powders



Seitan



Tempeh bacon



Textured vegetable protein



Black bean burgers



Traditional veggie burgers

These only count as your protein source if a more protein-rich option (such as above) is not in the meal. Otherwise, they count as a carbohydrate source (as they contain more carbohydrates than protein).

### EAT LESS



Fried meats



Chicken fingers, nuggets, and wings



High-fat meat



High-fat sausages



Processed deli meats



Protein bars



Pepperoni sticks



High-mercury fish



Plant-based meats

Burgers, sausage, hot dogs, etc.

This includes items such as Impossible, Beyond, Gardein, Boca, Tofurky, etc. Most of these are made from a highly-processed plant protein, along with added oils, salts, sugars, flavors and colors.

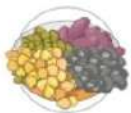


# CARBOHYDRATES

## Carbohydrate sources

Focus on whole, minimally-processed sources of carbohydrates that pack lots of nutrition and fiber, and include a mix of starches and colorful fruits.

### EAT MORE



Beans and lentils



Steel-cut, rolled, and old-fashioned oats



Buckwheat



Quinoa



Whole-grain, black, and wild rice



Sorghum



Farro



Millet



Potatoes



Amaranth



Plain non-Greek yogurt



Plain kefir



Fresh and frozen fruit



Corn



Sweet potatoes



Barley



Taro



Yuca



Whole or sprouted grain bagels, breads, English muffins, pastas, and wraps

### EAT SOME



Couscous



White rice



Granola



Instant or flavored oats



Milk



Vegetable juices



Flavored yogurt



Flavored kefir



Pancakes and waffles



Whole-grain crackers



Oat-based granola bars



Canned, dried, and pureed unsweetened fruit



Bean and pulse pasta



White bagels, breads, English muffins, pastas, and wraps

### EAT LESS



Cereal bars



Fruit juices



Flavored milk



Honey, molasses, syrups & jellies



Canned, dried, and pureed fruit w/added sugar



Sweetened sports drinks



Juice drinks



Sweetened energy drinks



Plant milks, sweetened



Soda



Crackers



Sugar



Pretzels



Foods with 10+g added sugar

These foods are also rich sources of fats, so be mindful of both their carbohydrate and fat content



Chips



Fries



Ice cream and frozen yogurt



Candy bars



Donuts



Cookies



Pastries



Muffins



Cakes



# FATS

## Fat sources

Aim for a mix of whole-food fats (like nuts and seeds), blended whole foods (like nut butters), and pressed oils (like olive and avocado).

### EAT MORE



Extra virgin olive oil



Walnut oil



Marinades and dressings with oils in this category



Avocado and avocado oil



Cheese, aged > 6 months



Egg yolks



Seeds: chia, flax, hemp, pumpkin, pepita and sesame



Cashews



Pistachios



Almonds



Brazil nuts



Pecans



Peanuts & natural peanut butter



Walnuts



Olives



Pesto made w/ extra virgin olive oil



Nut butters from other nuts in this category



Fresh unprocessed coconut

### EAT SOME



Virgin and light olive oil



Expeller pressed canola oil



Sesame oil



Flaxseed oil



Coconut oil / milk



Peanut oil and regular peanut butter



Dark chocolate



Marinades and dressings with oils in this category



Fish and algae oil



Cream



Cheese aged < 6 months



Flavored nuts and nut butters



Trail mix

Often rich in carbohydrates as well, with sources of varying quality.



High oleic safflower oil



High oleic sunflower oil

These naturally-bred oils are high in heart-healthy monounsaturated fats and contain little saturated fats and no trans fats.

### EAT LESS



Bacon



Sausage

Also sources of protein, though usually higher in less desirable fats.



Butter



Margarine



Processed cheese



Corn oil



Cottonseed oil



Sunflower oil



Canola oil



Soybean oil



Safflower oil



Marinades and dressings with oils in this category



Vegetable oil



Fat-rich foods with 10+ g added sugar



Hydrogenated oils and trans fats



Shortening



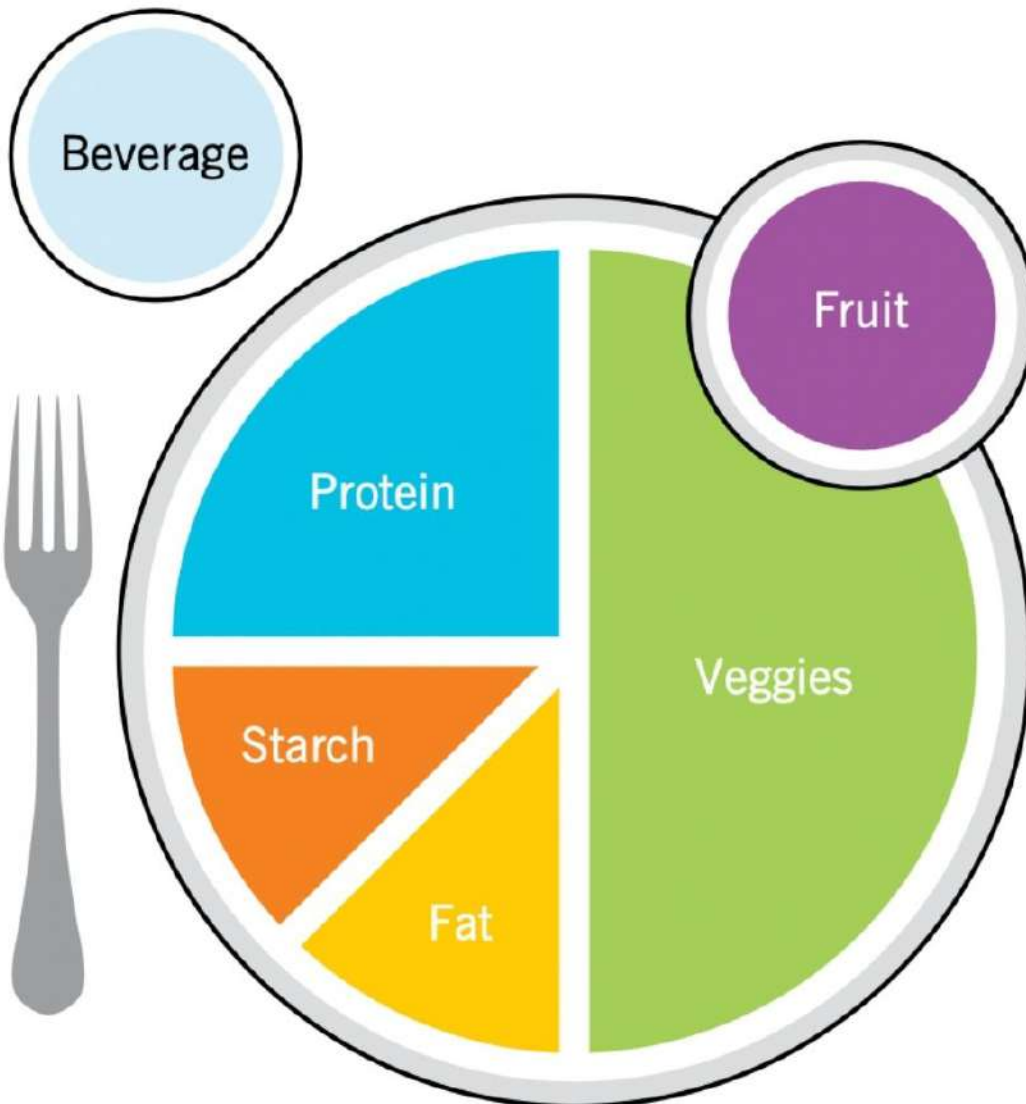
# VEGETABLES

## Vegetable rainbow

When eating vegetables (and fruits), try to "eat the rainbow." Different colors imply different nutrients and health benefits.



# BALANCED MEAL PLATE



## Proteins

such as seafood, poultry, red meat, eggs, Greek yogurt, tempeh, tofu, seitan

## Starches

such as sweet potatoes, potatoes, corn, whole grains, beans, lentils

## Fats

such as healthy oils, nuts, nut butters, seeds, avocados, cheese

## Veggies

including a wide variety of colorful non-starchy vegetables

## Fruits

including a wide variety of colorful fresh or frozen fruit

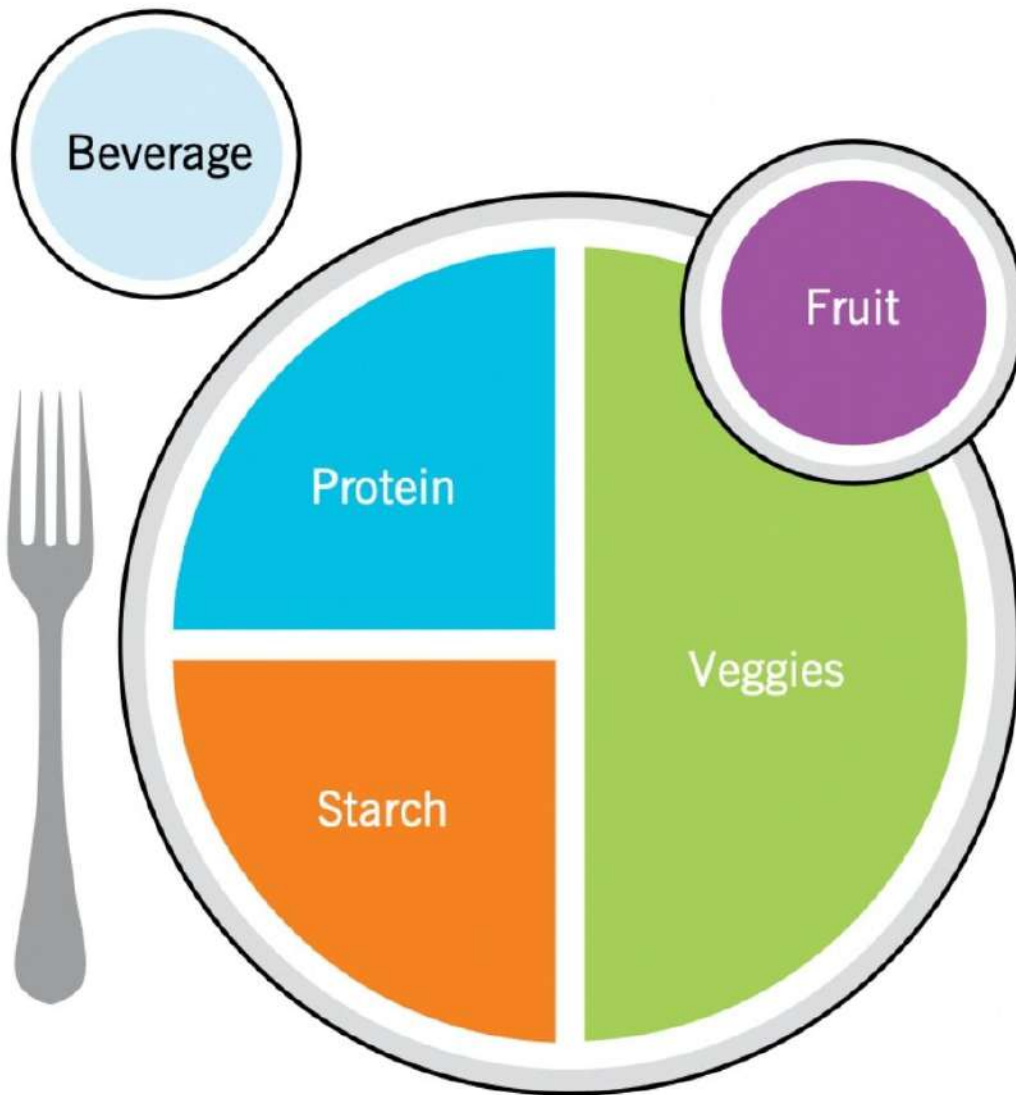
## Beverages

including water, tea, coffee and other low-calorie drinks

- Eat slowly and stop eating when you're appropriately full.
- Choose mostly whole foods with minimal processing.

- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.

# LOW-FAT HIGH-CARB PLATE



## Proteins

such as seafood, poultry, red meat, eggs, Greek yogurt, tempeh, tofu, seitan

## Starches

such as sweet potatoes, potatoes, corn, whole grains, beans, lentils

## Fats

such as healthy oils, nuts, nut butters, seeds, avocados, cheese

## Veggies

including a wide variety of colorful non-starchy vegetables

## Fruits

including a wide variety of colorful fresh or frozen fruit

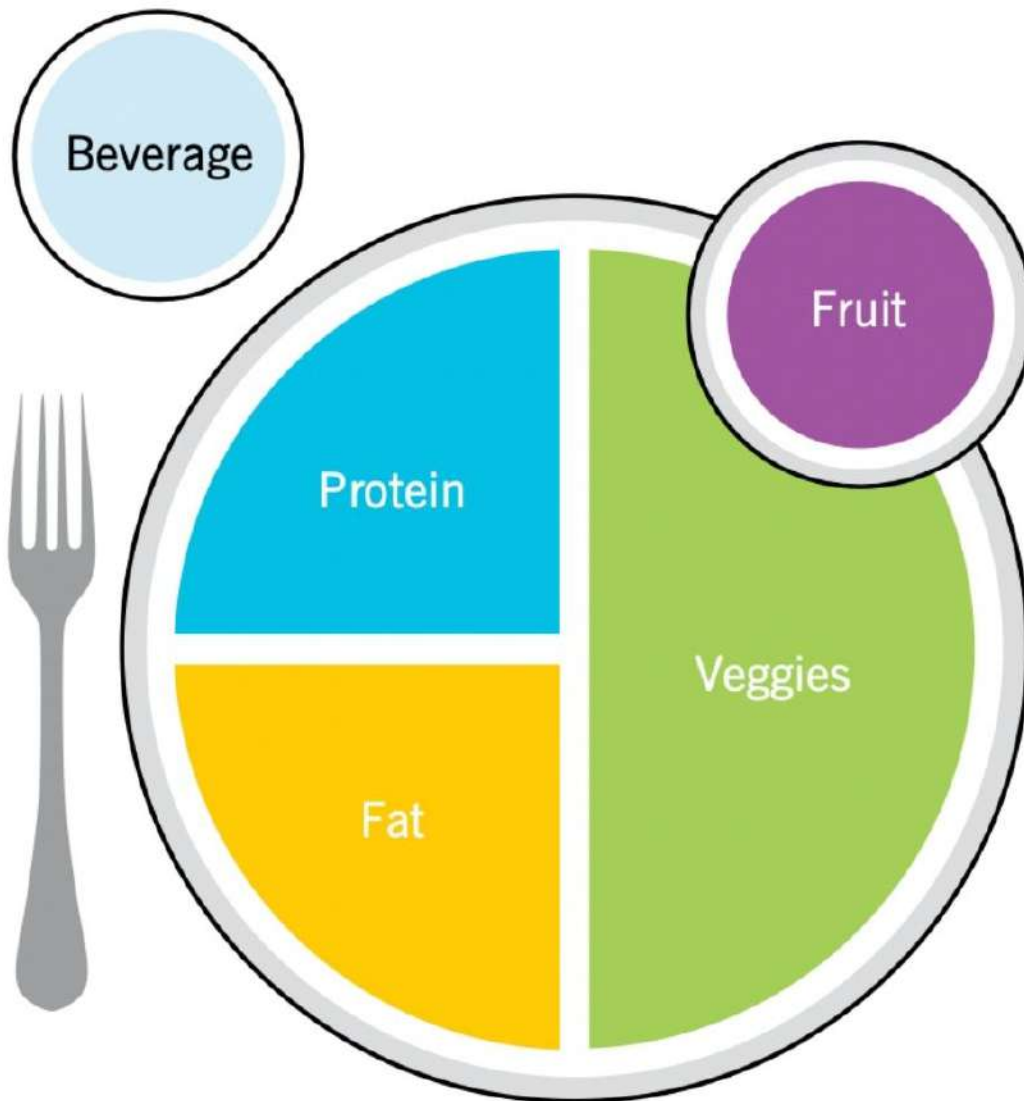
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# LOW-CARB HIGH-FAT PLATE



Proteins	Starches	Fats	Veggies	Fruits	Beverages
such as seafood, poultry, red meat, eggs, Greek yogurt, tempeh, tofu, seitan	such as sweet potatoes, potatoes, corn, whole grains, beans, lentils	such as healthy oils, nuts, nut butters, seeds, avocados, cheese	including a wide variety of colorful non-starchy vegetables	including a wide variety of colorful fresh or frozen fruit	including water, tea, coffee and other low-calorie drinks

- Eat slowly and stop eating when you're appropriately full.
- Choose mostly whole foods with minimal processing.

- Choose local or organic foods when possible.
- Use smaller or larger plates based on your own body size.



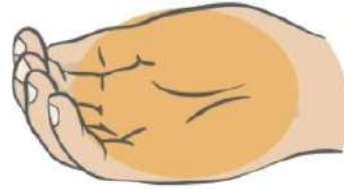
# HAND PORTION GUIDE



**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

Using hands to measure portions is a good approach for most clients who don't need specific amounts of foods or macronutrients.

- Hands are portable.** They come with you to work lunches, restaurants, social gatherings, etc.
- Hands are a consistent size, providing a consistent reference.**
- Hands scale with the individual.** Bigger people need more food, and tend to have bigger hands, therefore getting larger portions. Smaller people need less food, and tend to have smaller hands, therefore getting smaller portions.
- Hand-size portions can help you track food choices, nutrients, and energy simply and easily.** This saves time-consuming and often unnecessary weighing and measuring, which most people don't need.

## Hand portion table

FOOD CATEGORY	HAND PORTIONS	MACRONUTRIENT	CONVENTIONAL MEASUREMENT EQUIVALENT
<b>Proteins</b>	1 palm	~20-30 g	~3-4 oz (85-115 g) cooked meat / tofu, 2 whole eggs, 1 cup Greek yogurt
<b>Vegetables</b>	1 fist	N/A	~1 cup non-starchy vegetables
<b>Carbohydrates</b>	1 handful	~20-30 g	~1/2 to 2/3 cup (100-130 g) cooked grains / legumes, 1 medium fruit / tuber
<b>Fats</b>	1 thumb	~7-12 g	~1 tbsp (14 g) oils, nuts, seeds, nut butter, cheese, etc.