

# BALANCE YOUR MEALS

## PORTION CONTROL GUIDE

**FORGET CALORIE COUNTING.  
TRY THIS METHOD INSTEAD.**

Most people think controlling portions means counting calories, but we think there's a better way. Try our (much easier) Hand Measure system instead.

### YOUR HAND IS ALL YOU NEED

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



**HERE'S HOW  
TO USE THIS  
METHOD  
TO BUILD  
A PLATE**



**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)



**Men:**  
Two fist-sized portions

**STEP 2**

**VEGETABLES**

Broccoli, spinach,  
salad, carrots, etc.



**Women:**  
One fist-sized portion



**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)



**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)

Men eating 3-4 meals as outlined would get around 2,300 - 3,000 calories each day.  
Women eating 3-4 meals as outlined would get around 1,200 - 1,500 calories each day.

Balance is the key component to proper digestion and blood sugar regulation. It helps our body read the natural signals of being full and will help provide all the essential nutrients the body needs to function at full capacity. When the body is fueled with premium fuel it will function at full capacity, burning more calories during digestion!

### Daily Meal Structure

**Breakfast:** Choose one item from each of the following macronutrient lists; protein, complex carb, healthy fat and fruit list. If you want extra veggies feel free to add them into an egg omelet.

**Snack:** Choose one item from the fruit list and one item from the healthy fat OR protein list.

**Lunch:** Choose one item from each of the following macronutrient lists; protein, complex carb, veggie and healthy fat.

**Snack:** Choose one item from the veggie list and one list from the protein OR healthy fat list.

**Dinner:** Choose one item from each of the following macronutrient lists; protein, complex carb, veggie and healthy fat list.

**Snack:** Choose one item from the fruit OR veggie list and combine with one item from the healthy fat list OR protein list

*Protein Options:*

- ✓ Chicken breast, thighs, legs, etc.
- ✓ Turkey breast
- ✓ Lean ground turkey/chicken
- ✓ Fish (Salmon, tilapia, trout, halibut, perch, etc.)
- ✓ Red meat (sirloin steak, extra lean ground beef, etc.)
- ✓ Plain 0-2% Greek/Regular yogurt
- ✓ 1% Cottage cheese
- ✓ Free range egg
- ✓ Meat/Dairy Alternatives; tofu, legumes, soy, quinoa, lentils, seitan, tempeh, broccoli, green peas, hemp hearts, nuts & nut buttes, edamame, etc. (keep in mind you will want to combine a couple of these items together create a complete protein profile)



*Complex Carbohydrate:*

- ✓ Sweet potato/white potato
- ✓ Quinoa
- ✓ Brown rice
- ✓ Whole wheat pasta OR brown rice pasta
- ✓ Legumes (chickpeas, kidney beans, black beans, etc.)
- ✓ Lentils
- ✓ Large flaked oats
- ✓ Steele cut oats
- ✓ Dark rye bread
- ✓ Whole wheat bread



*Vegetables:*

- ✓ Asparagus
- ✓ Broccoli
- ✓ Bell Peppers
- ✓ Zucchini
- ✓ Cucumber
- ✓ Bok Choy
- ✓ Brussels sprouts
- ✓ Cauliflower
- ✓ Carrots
- ✓ Beets
- ✓ Green/yellow beans



- ✓ Onion (green, red, white)
- ✓ Fresh peas (snow peas, sugar snap etc.)
- ✓ Leafy Greens; Kale, Spinach, Romaine, Collard greens, Arugula, Dandelion, etc.

*Healthy Fats:*

- ✓ Natural peanut/almond butter
- ✓ Hemp heart
- ✓ Chia seeds
- ✓ Pumpkin seeds
- ✓ Almonds
- ✓ Walnuts
- ✓ Cashews
- ✓ Avocado
- ✓ Avocado oil (salad dressings)
- ✓ Hemp seed oil (salad dressings)
- ✓ Olive oil (salad dressings)
- ✓ Grapeseed oil (cooking oil)
- ✓ Coconut oil (cooking oil)



*Fruit:*

- ✓ Apple
- ✓ Orange
- ✓ Banana
- ✓ Berries
- ✓ Pomegranate
- ✓ Kiwi
- ✓ Pear
- ✓ Plum
- ✓ Mango
- ✓ Coconut
- ✓ Tomato
- ✓ Grapes
- ✓ Cantaloupe
- ✓ Pineapple
- ✓ Peach
- ✓ Nectarine
- ✓ Etc.



## FOOD FOR THOUGHT!

\*Try to avoid buying food items that are pre-sweetened. For example, flavored yogurt cups have a lot of sugar. Buy plain and add your own flavor with fruit.

\*If you see sugar, glucose, fructose or sugar alcohols within the first 3 ingredients on a food label that usually means it will contain excess sugar that we do not want in our diet.

\*If a food label is higher than 7-10g of sugar/serving then that's TOO MUCH! Above that amount of sugar in one sitting we start to store sugar as fat. It's always best to purchase items that are sugar free or as low in sugar as possible and add sweetness from fruit or natural sweetener that you can control. I am talking specifically sugar content not overall carbohydrate content.

\*Go for full fat items instead of low fat items. For example, natural peanut butter is better for you than low fat peanut butter. If a food item claims to be low fat look at the difference in sugar content between regular fat and low fat options. In some cases the low fat item will have more sugar in it.

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If you have any questions please email [kent@medpoint.ca](mailto:kent@medpoint.ca)