



*Perfecting Your Portions*

# **How to Perfect Your Food Portions**

As you go about your fat loss diet plan, one thing that you'll really want to be taking into account is your portion sizes.

Counting calories isn't fun and can be tedious. When you go it it's difficult to do.

**A good exercise program** along perfecting your food portion is critical to your fat loss success.

You can eat too much of practically anything. Even healthy foods can be overdone. You can still put on body fat without keeping your serving sizes in check. Getting your portions right will help you reach your weight loss goals.

Let's look at some of the key things that you should know if you want to perfect your portions.

# **How to Perfect Your Food Portions**

## **Meat Portions**

When it comes to choosing your meat portions, women will want to opt for around 3 oz. per meal.

That size can easily fit in the palm of your hand. Just the palm. Fingers aren't included.



Men have more lean body weight to support, that requires more protein on a day-to-day basis.



Men will want to go for 4-5 oz. instead.

Men should add the fingers to the sizing guide. Go with 2 palm sized portions. Or one serving, the size of a pack of cards.

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## **Grain Portions**

Grains such as rice, quinoa, and oatmeal can be a good part of any diet for active individuals. These foods will supply you with the energy you need for intense exercise.

Unlike the food guide recommendations grains and starchy carbohydrates don't make up the bulk of your diet.

To estimate your portion size for these foods:

### **Women**

- 1/2 a cup, about the size of one cupped hand.

### **Men**

- 1 full cup, would fit into two cupped hands



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## **Fruit Portions**

Fruits provide your diet with a wealth of antioxidants, vitamins and minerals. Plus, they supply the all-important fiber to your diet.

To estimate your fruit serving size, one medium fruit, or about the size of a fist should be consumed.

Eat two to four servings of fruit per day depending on your calorie needs.



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## **Vegetable Portions**

When it comes to green and fibrous, non-starchy, vegetable portions. The general rule for portion size is to eat away.



You can't get too many vegetables on a daily basis, so feel free to add these to your plate as desired.

The more, the better. These foods pack in a load of nutrients, and are high in fiber.

As long as your vegetables are prepared in a low calorie method are essentially freebees for your diet plan.

Be careful how you serve them. Adding dressings and butters will add a lot of unwanted calories. Steamed and grilled with spice is a good way to keep calories down and flavour up.

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## **Fat Portions**

Dietary fats are an important part of any healthy meal plan but at the same rate, are very high in calories. If you don't keep portion sizes in check, the calories will add up quickly.

A good measuring tool is to use your thumb.



Both men and women should aim to have about one thumb size worth of fat.

Women should add this to most meals of the day.

Men should add it to every meal of the day as they require slightly more fat on a day-to-day basis.



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So there you have it:

- Your **palm** determines your **protein** portions.
- Your **fist** determines your **veggie** portions.
- Your **cupped hand** for your **starchy carb** portions.
- Your **thumb** determines your **fat** portions.

*The quick and easy guide to perfecting your portion sizes.*

Make sure that you think about your portions at each meal you eat. Do that and you'll find you naturally take in the right amount of calories on a day-to-day basis.



250 FAT TORCHING RECIPES



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# **How to Perfect Your Food Portions**

There are two sides to every equation.

This report provided a simple method for keeping calories in check. That's one side.

The second aspect to looking great is exercise.

Diet alone won't give you the physique you want. It won't help build lean toned muscle. For that you'll have to spend a little time resistance training. Not much, but some. If you don't you'll end up with the dreaded skinny fat look.

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