

Portions Guide

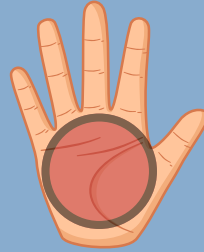
Eat for Energy and Health

Your hand = the perfect portion guide!

Protein

Protein builds muscles and bones. It gives you energy. Active people need extra protein for hard work.

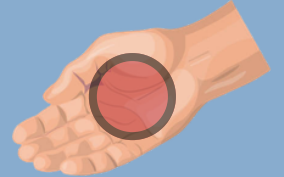
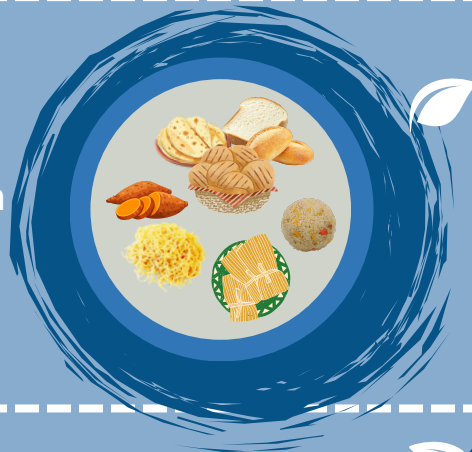
Portion per meal: 1 to 2 **palms**.



Carbohydrates

Carbs give your body and brain energy. They are your body's main fuel. Very active people may need two portions.

Portion per meal: 1 to 2 **cupped hands**.



Vegetables

Eat vegetables in many colors for a variety of nutrients to replace what you sweat out.

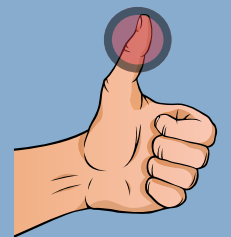
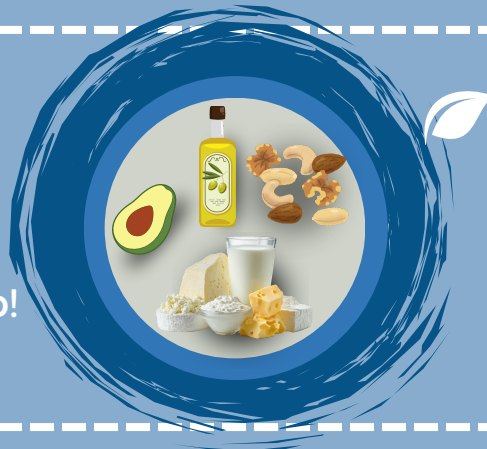
Portion per meal: 1 to 2 **fists**.



Healthy Fats

Healthy fats give long-lasting energy. The body stores concentrated energy as a backup!

Portion per meal: 1 to 2 **thumbs**.



Tips for healthy eating:

- Eat slowly and pay attention while you eat.
- Bake, grill, or boil food instead of frying it.
- Add flavor with lime, herbs, spices, and garlic.
- Drink lots of water.



Healthy
Plate