



PeakFitness

# PORTION CONTROL, MADE EASY













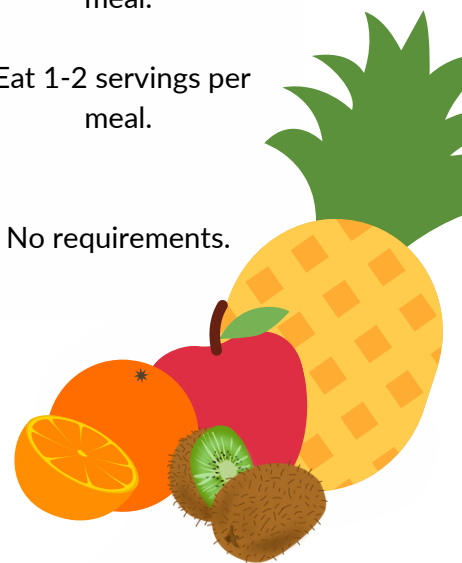
SIMPLIFY MEALS, FUEL YOUR BODY, AND TAKE  
CONTROL

BY PEAK FITNESS DIEPPE

# PORTION SIZE CHEATSHEET

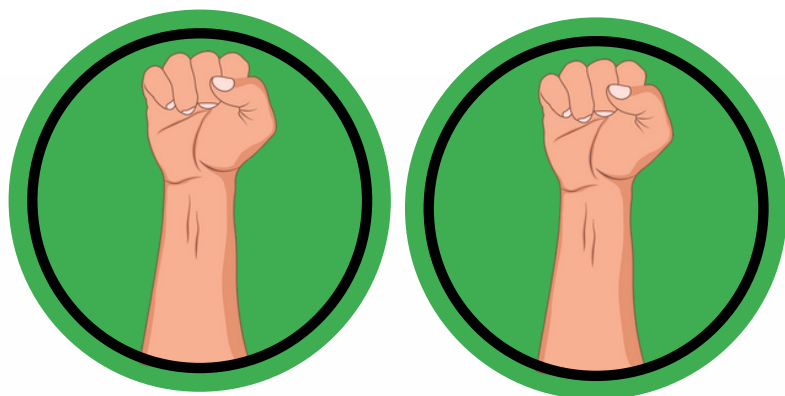
When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all too easy to misjudge correct portion sizes. In this cheat sheet, you'll be able to build your meals using your hands and simple measurements.

FOODS	HAND PORTION	EQUIVALENT MEASUREMENTS	HOW MUCH SHOULD I EAT?
Vegetables		1 cup   136g   5oz	Eat 2 serving of vegetables with each meal.
Fruits		1 cup   136g   5oz	Eat 1-2 servings per day.
Meat, Fish and Poultry		½ cup   68g   3oz	Eat 1-2 servings per meal.
Eggs		2 eggs	Eat 1-2 eggs per day.
Rice, noodles, pasta		½ cup   68g   3oz	Eat 1-2 servings of carbs per meal.
Beans, lentils and legumes		½ cup   68g   3oz	Eat 1 serving of pulses per day.
Cheese		⅓ cup   28g   1oz	Eat 2-3 servings of cheese per day.
Nuts, Seeds and Olives		⅓ cup   28g   1oz	Eat 1-2 servings per meal.
Oils, Coconut butter, Nut butters, Ghee		⅓ cup   28g   1oz or 1-2 Tbsps.	Eat 1-2 servings per meal.
Spices		⅓ cup   28g   1oz or 1-2 Tbsps.	No requirements.



# LET'S DESIGN A MEAL THAT WORKS FOR YOU

## STEP 1: VEGGIES AND FRUITS



2-3 serving of fruit and vegetables  
1 serving of fruit and vegetables= 1 fist



### VEGETABLES

Corn  
Peas  
Green beans  
Sweet potato  
Artichoke  
Asparagus  
Bean sprouts  
Beets  
Broccoli  
Bok choy  
Carrots  
Cauliflower  
Celery  
Cucumber  
Green onion  
Kale  
Mushrooms

### FRUITS

Strawberries  
Raspberries  
Blueberries  
Blackberries  
Orange  
Apple  
Banana  
Pineapple  
Grapefruit  
Cherry  
Mango  
Kiwi  
Peach  
Dragonfruit  
Avocado

### COOKING METHODS

- Fresh / Raw
- Steamed
- Grilled
- Sauté
- Air-fried
- Baked
- Boiled



*Be careful of added fats from cooking oil,  
dressings, sauces, fatty fruits  
(avocado, olives)*

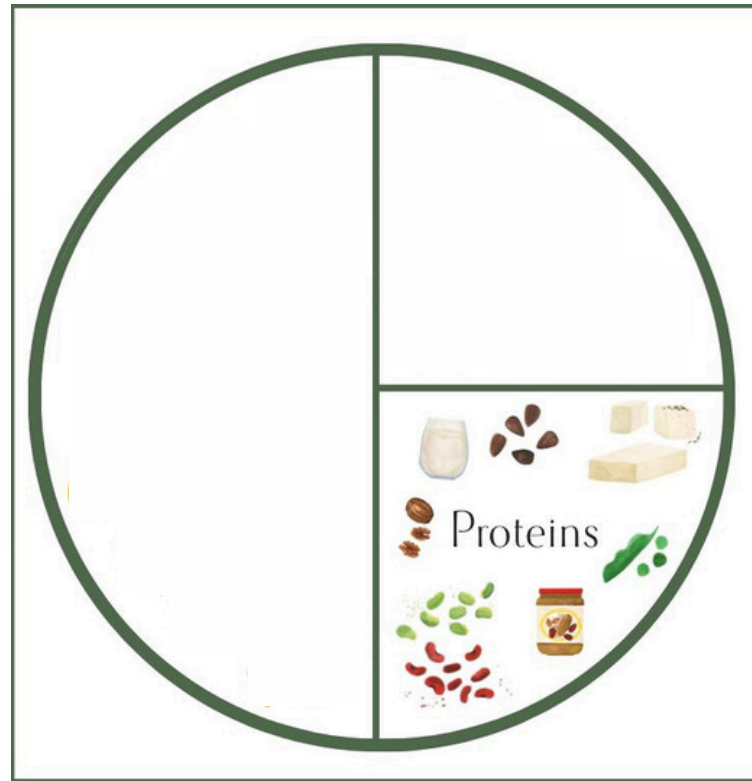
# START WITH A PALM-SIZE PORTION

## STEP 2 : PROTEINS



1-2 serving of protein foods

1 serving of protein = 1 palm (size deck of cards)



### LEAN ANIMAL PROTEIN

Chicken  
Turkey  
Extra Lean ground beef  
Pork chop  
Shellfish  
Veal  
Eggs  
Egg whites  
Greek yogurt  
Cottage cheese  
Low M.F. cheese  
Fish  
Seafood

### VEGETABLE

Tofu  
Edamame  
Falafel  
Beans  
Chickpea  
Lentils  
Pumpkin Seeds  
Sunflower seeds  
Almonds  
Walnuts

### COOKING METHODS

- Baked
- Grilled
- Air fried
- Sauté
- Slow cooker



*Be careful of added fats from cooking oil and choice of protein source! Some are higher in fats.*

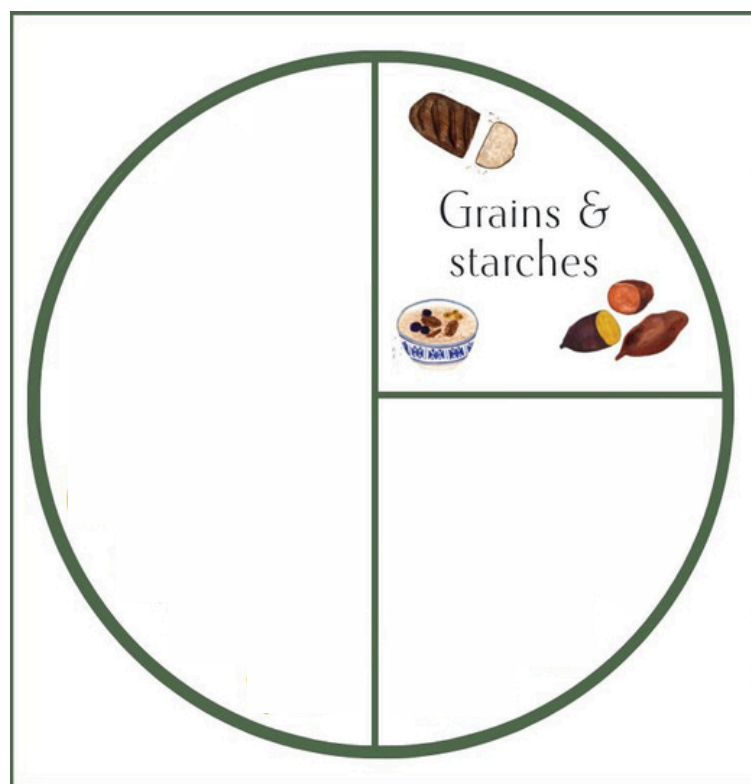
*Be careful with processed meats (higher in salt)*

# A CUP OF YOUR HAND KEEPS YOU ON TRACK

## STEP 3 : CARBOHYDRATES, WHOLE GRAINS



1-2 serving of Whole grains foods  
1 serving of whole grain = 1 cup of hand



### CARBOHYDRATES

Baked Beans	Granola
Cooked Lentils	Pasta
Wholegrain bread	Brown rice
Wraps	Quinoa
English Muffins	Cereals
Bagel	Oat Bran
Barley	Wheat Bran
Oatmeal	Bulgur
Couscous	Bran cereal



*Be careful with baked goods as they are often high in added sugar and fats!  
Eat them in moderation.*

*Don't forget your whole grains!  
They contain fibre, nutrient essential to your well being and weight management!*

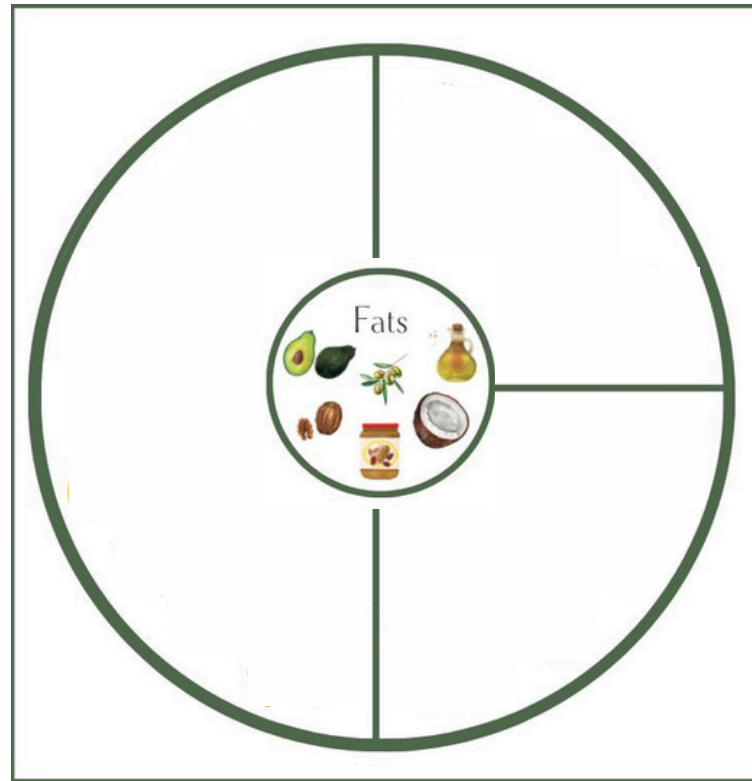
*Protein can't act alone, they need carbohydrates!*

# A THUMB-SIZED AMOUNT IS ALL YOU NEED

## STEP 4 : FATS



1-2 serving of Healthy Fats  
1 serving of Healthy Fats= 1 thumb



### HEALTHY FATS

Avocado  
Almonds  
Brazil nuts  
Hazelnuts  
Macadamia  
Pistachios  
Walnuts  
Pine nuts  
Olives  
Cheese  
Rapeseed oil  
Olive oil  
Milk  
Yogurt



*Fats can be tricky as they can be found in all  
3 food groups  
(proteins, whole grains and fruits & Vegetable)*

*If you are already adding a food that contains  
fats, no need to add more  
(for example: avocado as your fruit, cheese or  
nuts as your protein, beans as your grain)*

*Don't forget that your cooking oil count as  
well!*