

# FOOD & MOOD

## COACHING

NAME \_\_\_\_\_

DATE \_\_\_\_\_

### HAND PORTION GUIDE

When it comes to measuring food intake, your hands are often the best guide, both at home and when you're out and about. Your hands are proportional to your body frame, and so can act as a handy guide for measuring different types of foods.

It's important to note here that these are just estimates. For an active woman who works out regularly, her daily intake may look like this:

- + 1-2 cupped handfuls of carbohydrates e.g. grains, starchy vegetables such as potatoes, fruits.
- + 1-2 palms of lean proteins such as poultry, fish, meat
- + 1-2 fists of vegetables per meal
- + 1-2 thumbs of healthy fats like olive oil, seeds, butter, cheese and nuts per meal

