

FIT SOCIETY NUTRITION GUIDELINES

PORTION CONTROL GUIDE

We have made counting your calories and macronutrients easy! This is Fit Society's preferred method for tracking both the quantity and quality of your personal nutrition.

YOUR HAND IS ALL YOU NEED

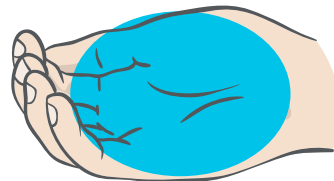
Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



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

STEP 1

PROTEIN

Meat, fish, eggs, cottage cheese, whey protein and Greek yogurt



Women:
One palm-sized portion
(~20-30 g protein)



Men:
Two palm-sized portions
(~40-60 g protein)

STEP 2

VEGETABLES

Broccoli, spinach, salad, corn, carrots, squash, pumpkin etc.



Women:
One fist-sized portion



Men:
Two fist-sized portions

STEP 3

CARBOHYDRATES

Breads, pasta, rice, oats, bran, cereals, pancakes, berries, couscous, and fruit



Women:
One cupped-hand sized portion
(~20-30 g carbs)



Men:
Two cupped-hand sized portions
(~40-60 g carbs)

STEP 4

FATS

Avocado, nut butters, egg yolks, nuts, olives, oils, butters, and seeds



Women:
One thumb-sized portion
(~7-12 g fat)



Men:
Two thumb-sized portions
(~15-25 g fat)

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QUANTITY

Total number of calories (Energy) consumed vs. burned.

Maintain Weight

Energy IN = Energy OUT

Lose Weight

Energy IN < Energy OUT

Gain Weight

Energy IN > Energy OUT

QUALITY

Macronutrient % Breakdown.

Carbohydrates

~2-3g/kg of body weight
Preferred energy source.

Proteins

Proteins ~1-2g/kg of body weight
Rebuild lean muscle.

Fats

~.5g/kg of body weight
For satiety (feel full).

NUTRITION IQ

Carbohydrates

1g of **Carb** = 4 calories

Protein

1g of **Protein** = 4 calories

Fat

1g of **Fat** = 9 calories

Alcohol

1g of **Alcohol** = 7 calories

