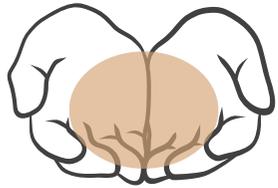


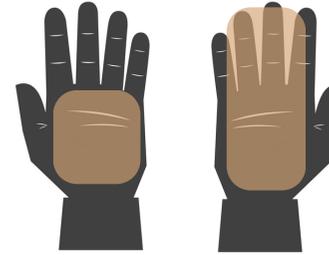
Portion Control

Use Your Hands to Measure Correct Portions for You



Fruits & Vegetables

Two cupped hands
colourful fruit and veg



Meat

Fish

Protein

Palm or entire hand



Healthy Snacks

One small cupped hand



Fats

Roughly 1 tablespoon
nut butter, cheese & dressing



Starchy Carbs (cooked)

Roughly 1 cup
grains, starchy vegetables & legumes

Roughly 1 teaspoon
oils, butter & creamy sauce

