

Most people think counting portions means counting calories or macros, but we think there's another way. Try our (much easier) hand portion system.

YOUR HAND IS YOUR PORTIONING TOOL

A portion of fats
= 1 thumb

2. Moderately active people generally maintain their weight and improve their health with

ENDOTHELINE VEGETABLES CARBOHYDRATES FATS

Not sure where a food fits? Check out ["What should I eat?"](#)

EASY WAYS TO CUSTOMIZE

ED MORE FOOD ON YOUR [PLATE](#) IF YOU NEED LESS FOOD [ON YOUR PLATE](#)

☐ Not feeling satisfied at meals

- 

1 cupped handful of carbs

-

goals, preferences, age, body size, activity level

Cooked or uncooked?

☐ Feeling too full at meals

- © 2013 Blackwell Publishing Ltd *Journal of Internal Medicine* 274: 103–112

1 cupped handful of carbs

- 



Cooked or uncooked?

Hand portions are for *plating*

overthink it.
estimate your portions.
enjoy it. as you eat

- How about cookies, ice cream, chips

andful is equal to 1 thumb of fat and 1 hand of carbs.



1 serving of mixed drinks, craft or distilled beer or wine

Precision Nutrition Quick Start Guide

ML Morrison



Precision Nutrition Quick Start Guide:

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