



Portion Size Guide

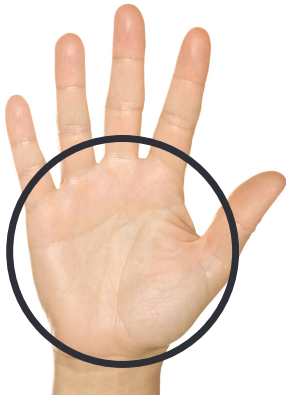
WHAT DOES ONE SERVING
ACTUALLY LOOK LIKE?

SHAPIO
FITNESS

PORTION SIZE GUIDE

Compare Your Palm

Calories are approximate and vary with brand.



PALM = 3 OZ

- CHICKEN / POULTRY (200 CALORIES)
- BEEF (215 CALORIES)
- FISH (75 -175 CALORIES)



FIST = 1 CUP

- FRUIT (70-140)
- RAW VEGETABLES (30 -100 CALORIES)
- QUINOA COOKED (220 CALORIES)



CUPPED HAND = 1 OZ

- NUTS (170 CALORIES)
- DRIED FRUIT (100 CALORIES)
- GRANOLA (120 CALORIES)



THUMB = 2 TABLESPOONS

- PEANUT BUTTER /ANY NUT BUTTER (190 CALORIES)
- SALAD DRESSING (60-150 CALORIES)
- HARD CHEESE (120 CALORIES)
- SEEDS (100-150 CALORIES)



1/2 FIST = 1/2 CUP

- RICE COOKED(105 CALORIES)
- PASTA COOKED(105 CALORIES)
- BEANS COOKED (120 CALORIES)
- COTTAGE CHEESE (110 CALORIES)



THUMB TIP = 1 TABLESPOON

- MAYONNAISE (95 CALORIES)
- OIL (120 CALORIES)

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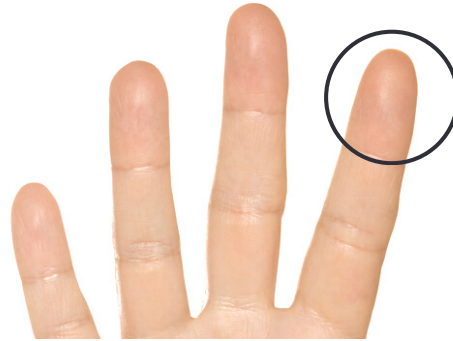
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**FIST WITHOUT THUMB = 3/4
CUP**

- CEREAL (100- 300 CALORIES)
- YOGURT (100 - 240 CALORIES)



**INDEX FINGERTIP = 1
TEASPOON**

- BUTTER (APPROXIMATELY 35 CALORIES)



TWO FIST = 2 CUPS

- LEAFY GREENS (15 CALORIES)