

Forget calorie counting...Try this instead

Math not your thing or just sick of trying to count calories? Good news, there is an easier way...use your hand. Use your fist, palm, cupped hand, and thumb to practice calorie control – while avoiding the hassle of counting calories.

Here is how it works:

- Your **palm** determines your **protein** portions (Men 2 palm sizes, Women 1 palm size).
- Your **fist** determines your **veggie** portions (Men 2 fist sizes, Women 1 fist size).
- Your **cupped hand** determines your **carb** portions (Men 2 cupped hand sizes, Women 1 cupped hand size).
- Your **thumb** determines your **fat** portions (Men 2 thumb sizes, Women 1 thumb size).



PROTEIN

A portion of protein
is your palm.



VEGETABLES

A portion of vegetables
is your fist.



CARBS

A portion of carbs
is your cupped hand.



FAT

A portion of fat
is your thumb.

Sources: www.precisionnutrition.com