

HEALTHY PLATE AND PORTION CONTROL

Welcome fellow Nerd!

Below you'll find our handy Healthy Plate and Portion Control graphics to help you on your journey!

The **Healthy Plate** is a quick and easy way to divvy things up anytime you sit down for a meal. It provides a good mix of different kinds of foods to give us energy and keep us feeling strong.

The **Portion Control** graphics are a quick and easy way to use your hand in order to measure the amount of food you are having.

Both of these tools help improve our ability to estimate what we're eating, which can help us in our nutrition goals.

WANT SOME MORE HELP HERE? You got it!

Check out our [full article on portion sizes](#) for more detailed information, as well as a list of healthy food options!

NEED MORE HELP AND ACCOUNTABILITY WITH YOUR NUTRITION AND FITNESS GOALS?

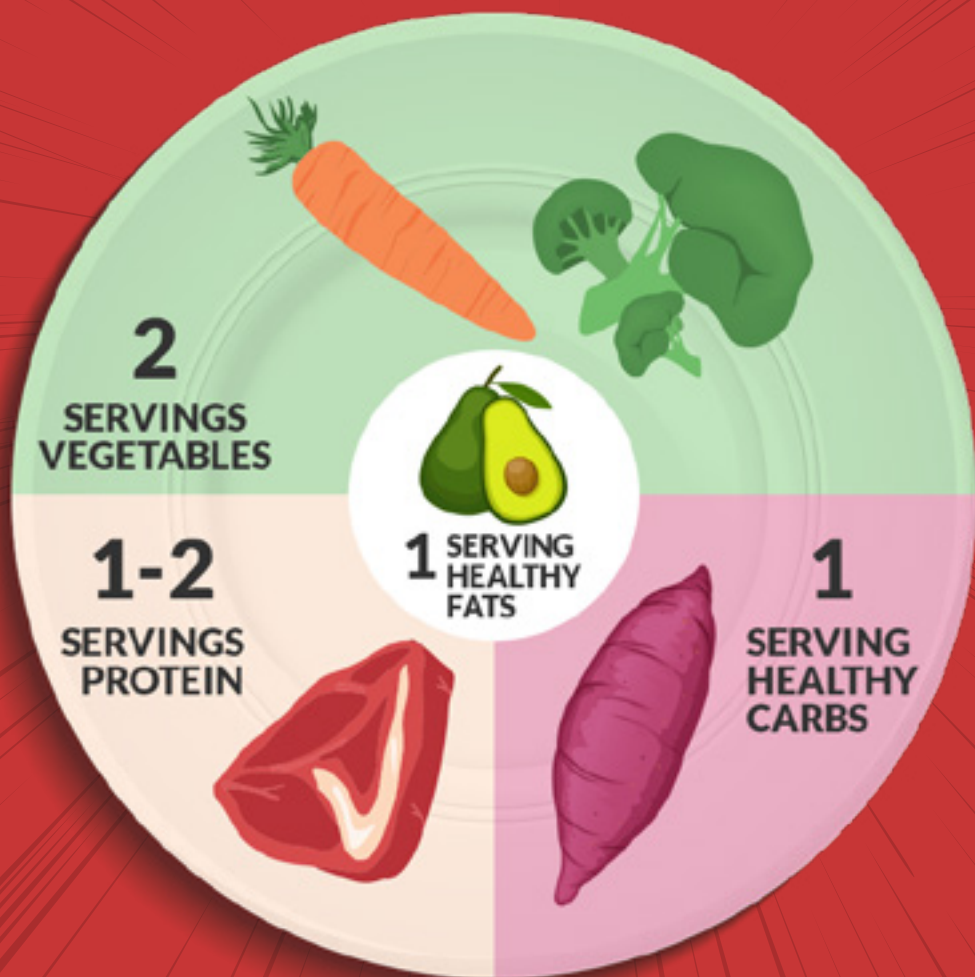
Check out [Nerd Fitness Online Coaching!](#)

WANT TO IMPROVE YOUR FITNESS AND NUTRITION HABITS WHILE GOING ON ADVENTURES?

Then download the [Nerd Fitness Journey app](#) for a free trial (no credit card needed!).

NERD Fitness

NERD FITNESS HEALTHY PLATE

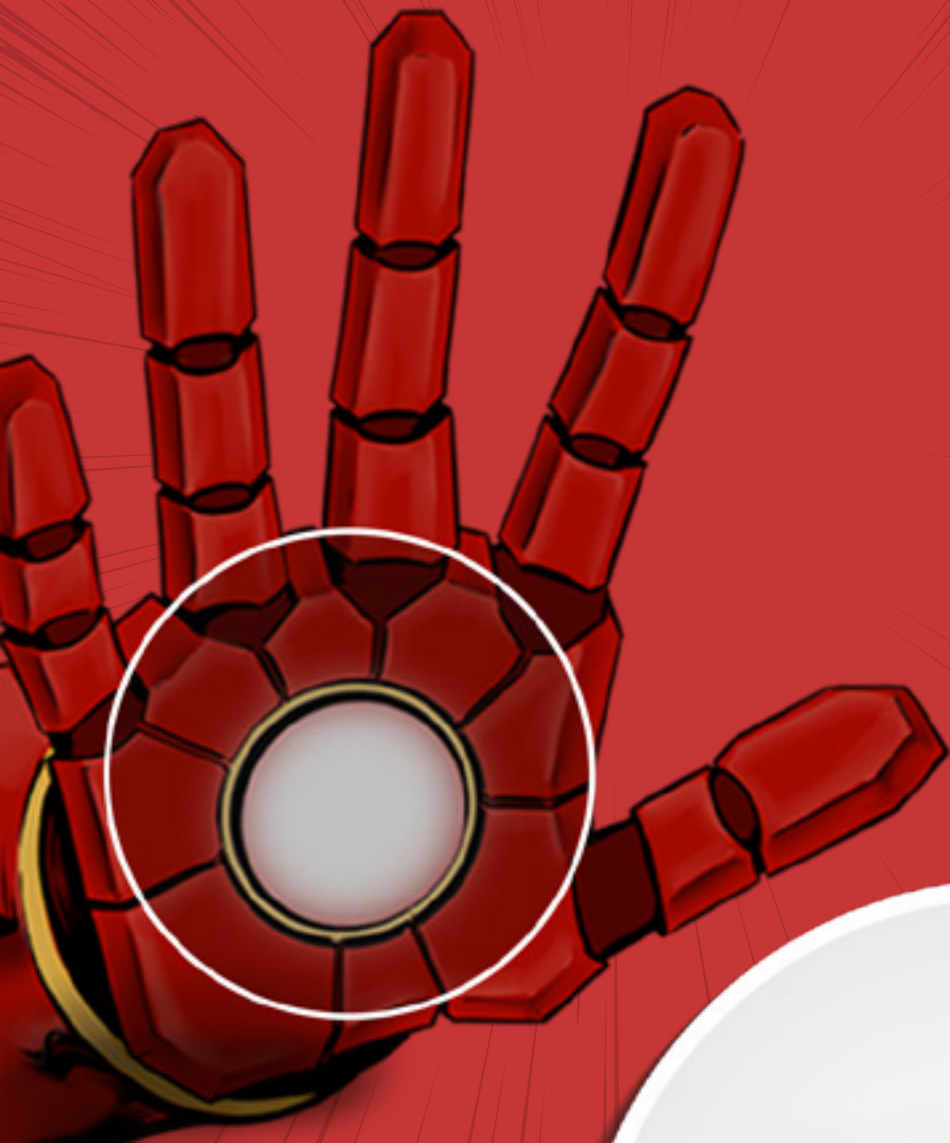


WATER, TEA,
COFFEE, OR
ZERO CALORIE
DRINK



NERD Fitness

PROTEIN



ONE SERVING

- = Your Palm
(size and thickness)
4 oz (uncooked)
- = 3 oz (cooked)



VEGETABLES UNCOOKED



ONE SERVING

= Your fist
(1 cup)



CARBOHYDRATES



ONE SERVING

(uncooked rice/pasta)

= One cupped hand
= 1/2 cup

ONE SERVING

(cooked)

= Two cupped hands
= 1 cup



FAT



ONE SERVING

- = Your thumb
- = Tablespoon or 1oz

