

# PLATE AND PORTION CONTROL GUIDE

Welcome fellow Nerd!

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

The **Plate Guide** 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.

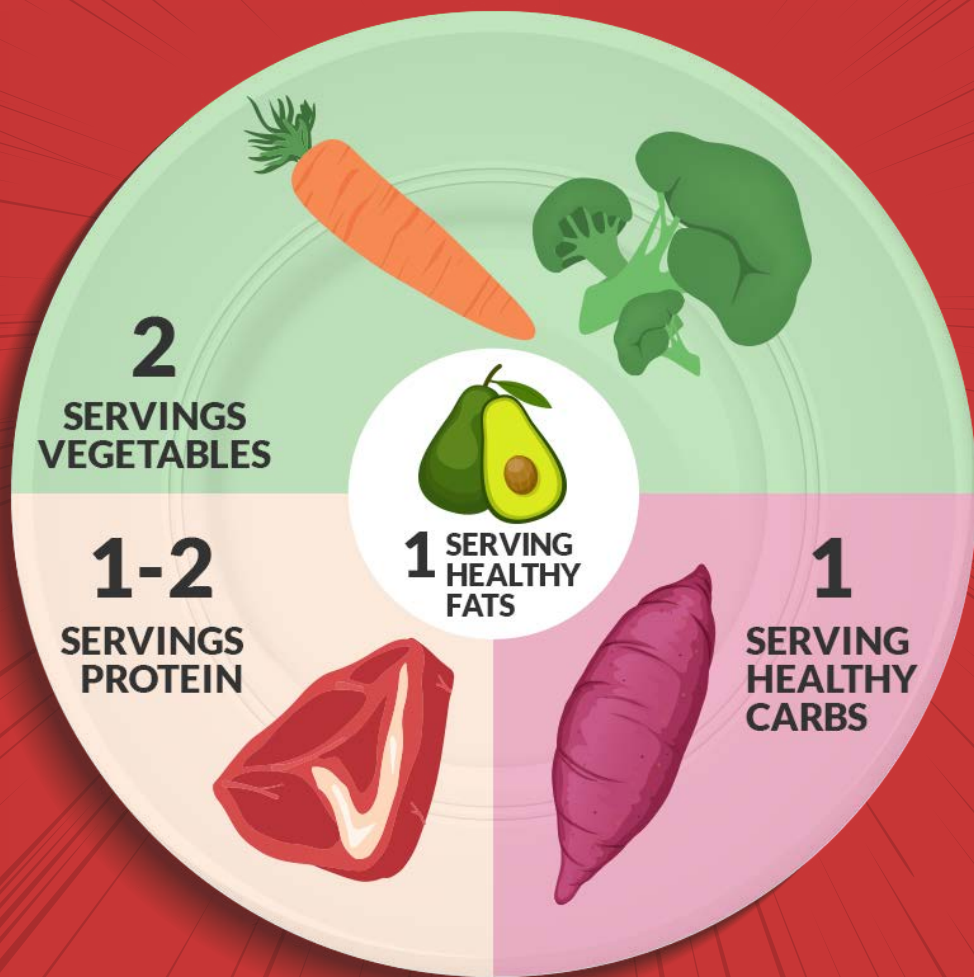
**WANT SOME MORE HELP HERE?** You got it!

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!](#)

# NERD FITNESS PLATE GUIDE

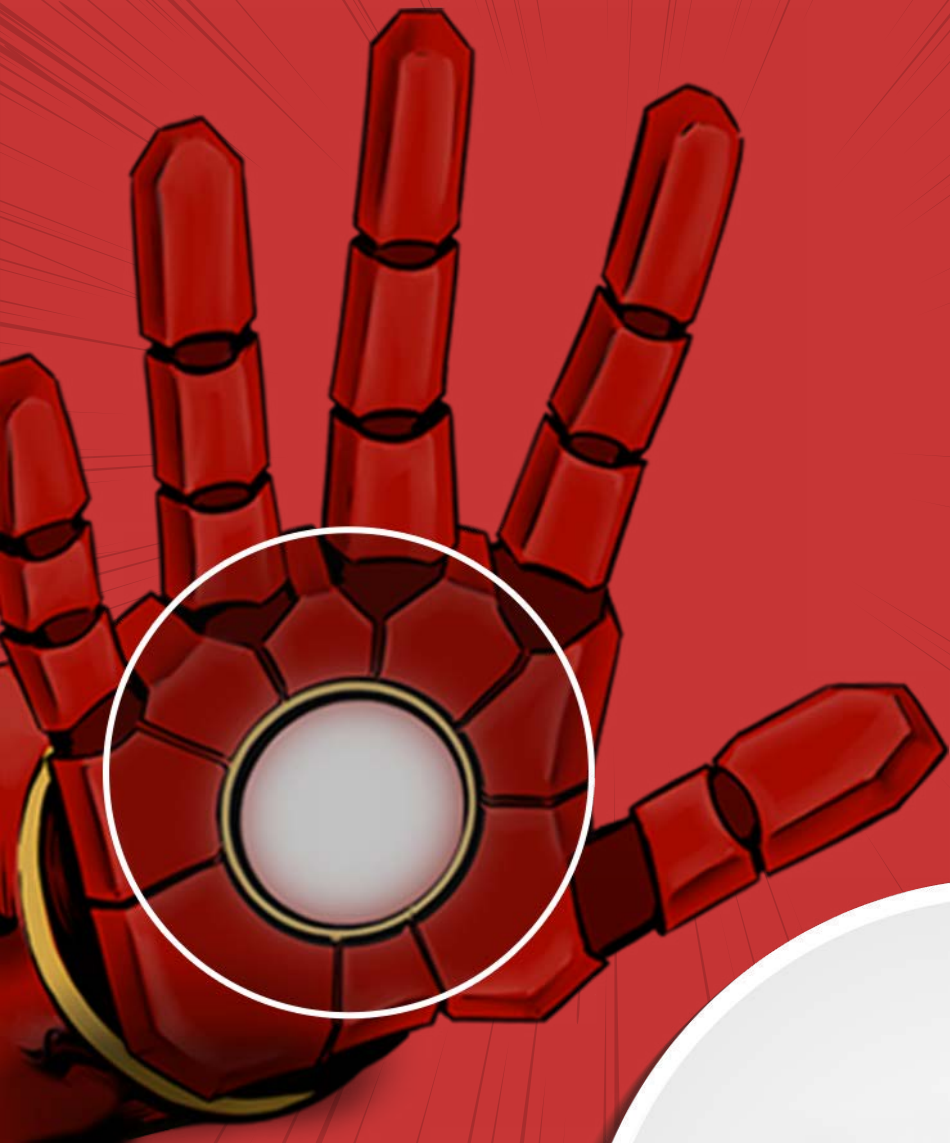


WATER, TEA,  
COFFEE, OR  
ZERO CALORIE  
DRINK



**NERD Fitness**

# PROTEIN



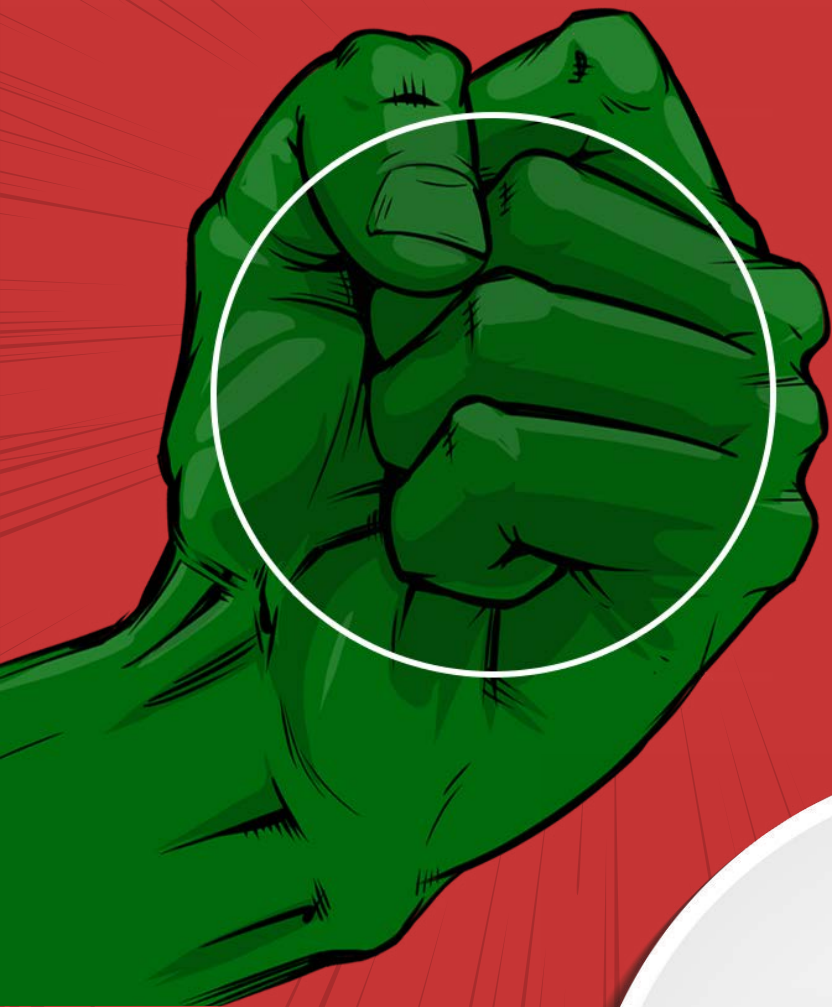
## ONE SERVING

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



# VEGETABLES

## UNCOOKED



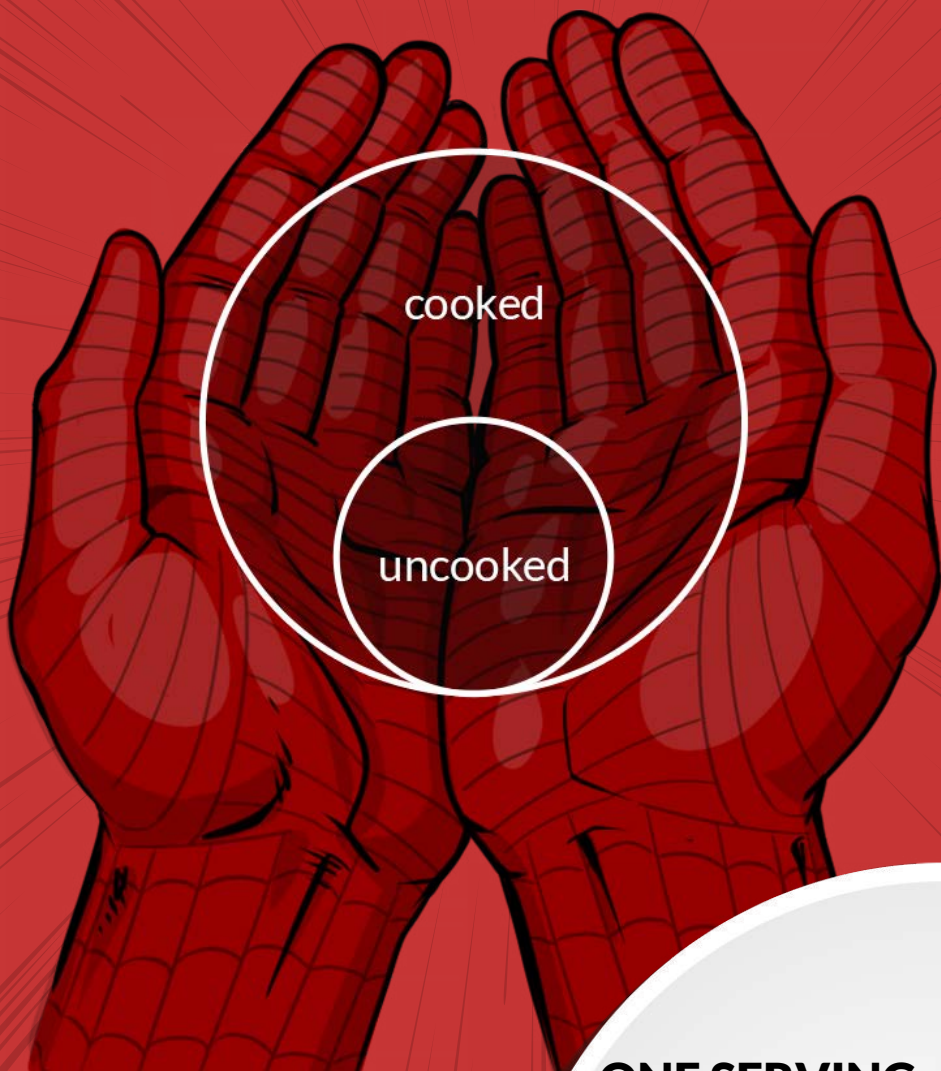
### ONE SERVING

= 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

