

# 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.

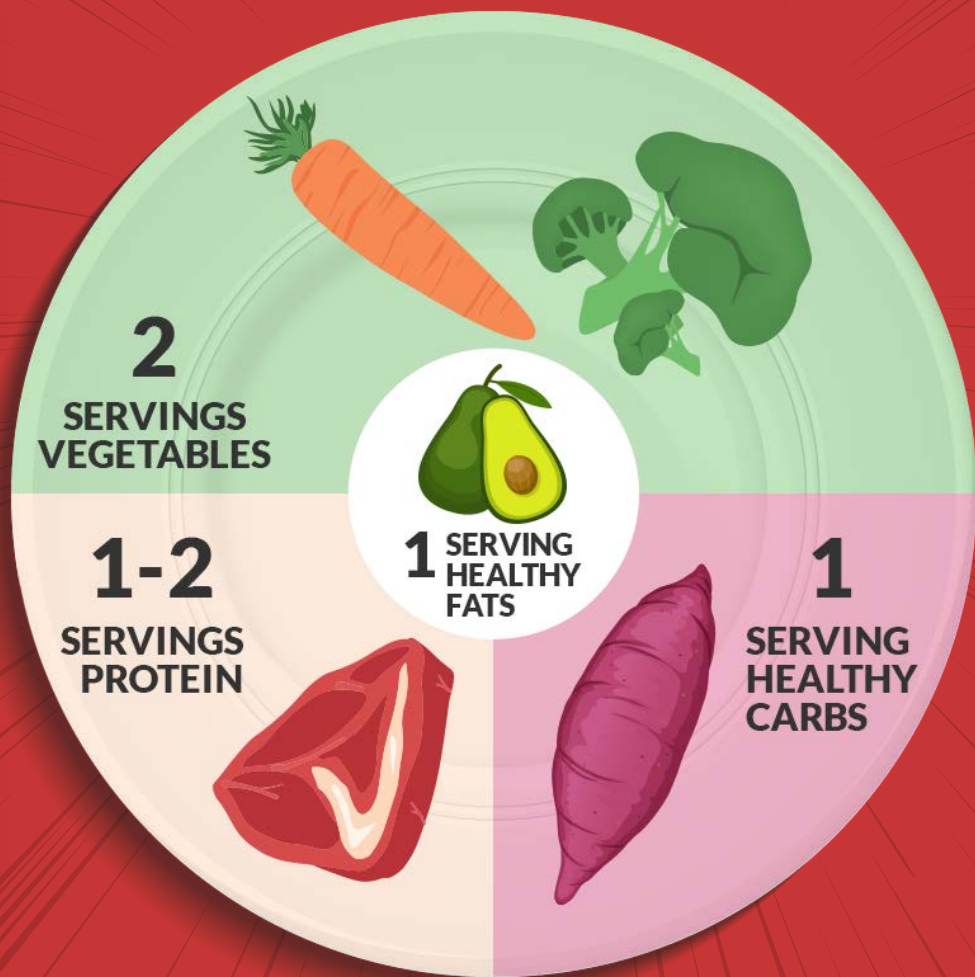
**WANT SOME MORE HELP HERE?** You got it!

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

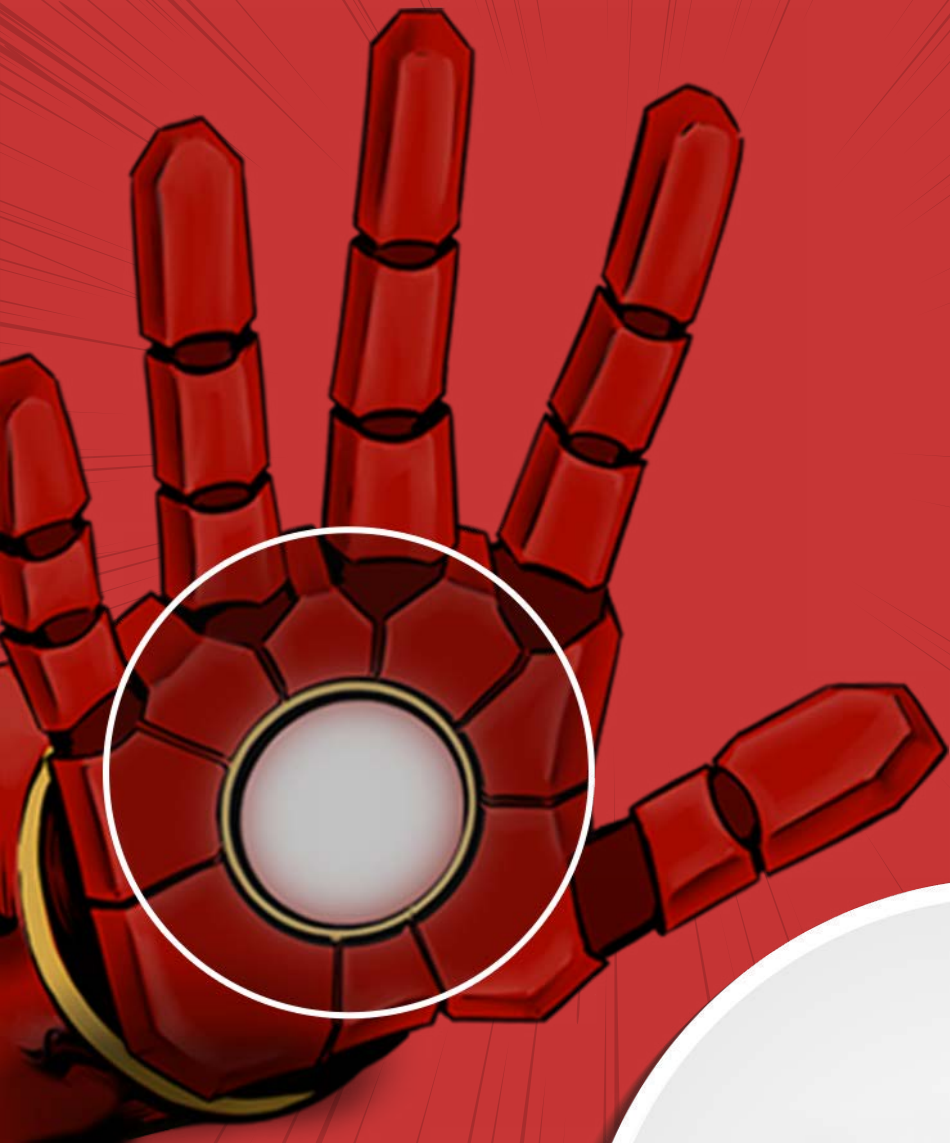


WATER, TEA,  
COFFEE, OR  
ZERO CALORIE  
DRINK



**NERD Fitness**

# PROTEIN

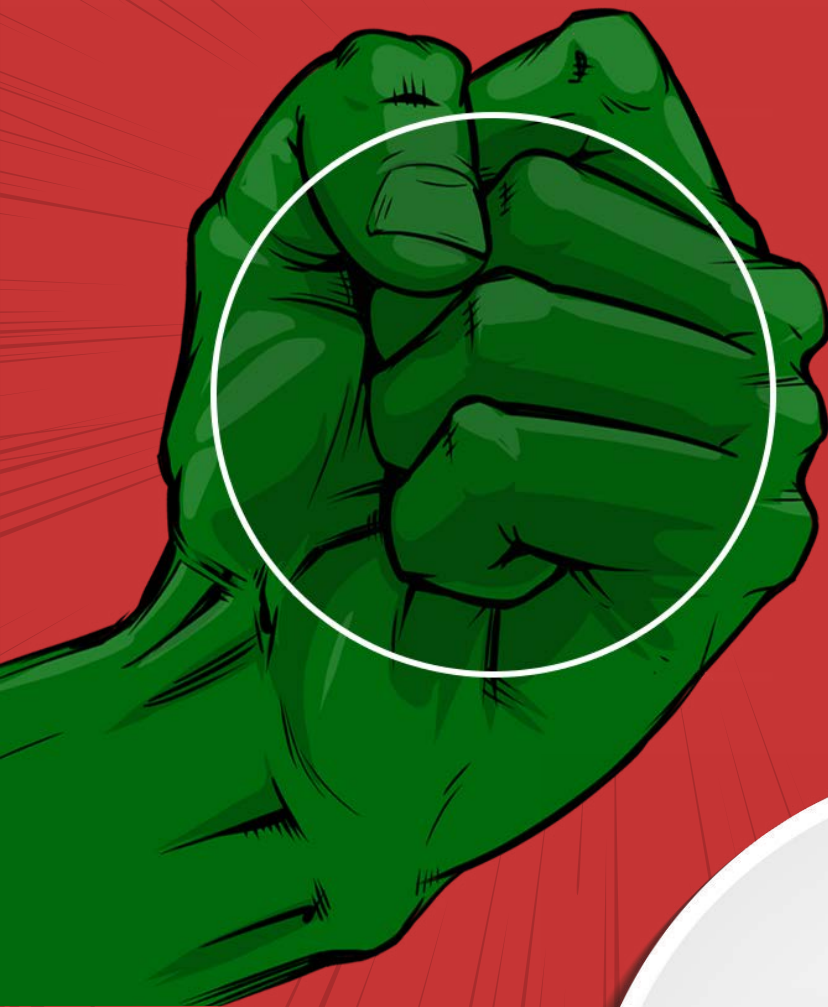


## ONE SERVING

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



# VEGETABLES UNCOOKED

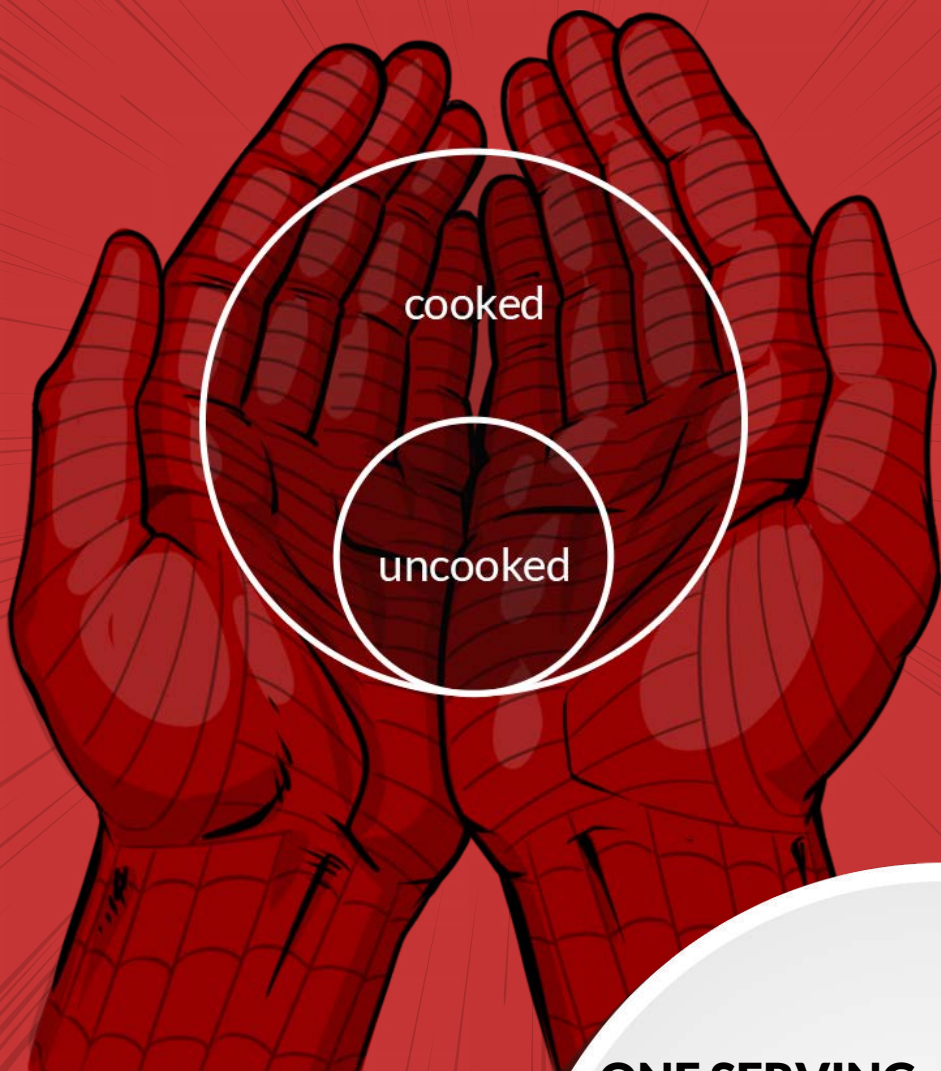


## ONE SERVING

= 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

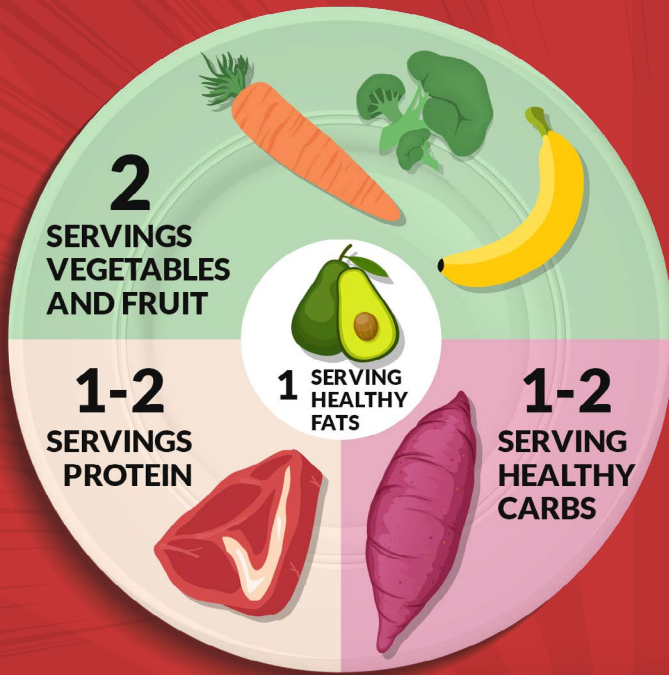


## ONE SERVING

- = Your thumb
- = Tablespoon or 1oz



# NF STANDARD PLATE



## SOME EXAMPLES

### PROTEIN:

Eggs, Chicken, Beef, Fish, Tofu, etc.

### VEGGIES & FRUIT:

Spinach, Carrots, Onions, Pickles, Berries, Apples, etc

### CARBOHYDRATES:

Beans, Potatoes, Rice, Whole Grain Bread, Oats, etc.

### FATS

Nuts, Peanut Butter, Avocado, Olive Oil, Butter, Dark Chocolate, etc.

## MY PERSONAL FOOD LIST

**PROTEIN**

**VEGGIES & FRUIT**

**CARBOHYDRATES**

**FATS**

**TARGET PRACTICE:** Balanced plates are a great target to aim for, but they aren't magical and you don't have to be perfect. We'll continue to adjust as we go. Here are some examples of how this might look:

**PLATE #1**

- Chicken nuggets (1/4 of plate)
- Apple slices (1/2 of plate)
- Tater tots (1/4 of plate)
- Diet soda to drink

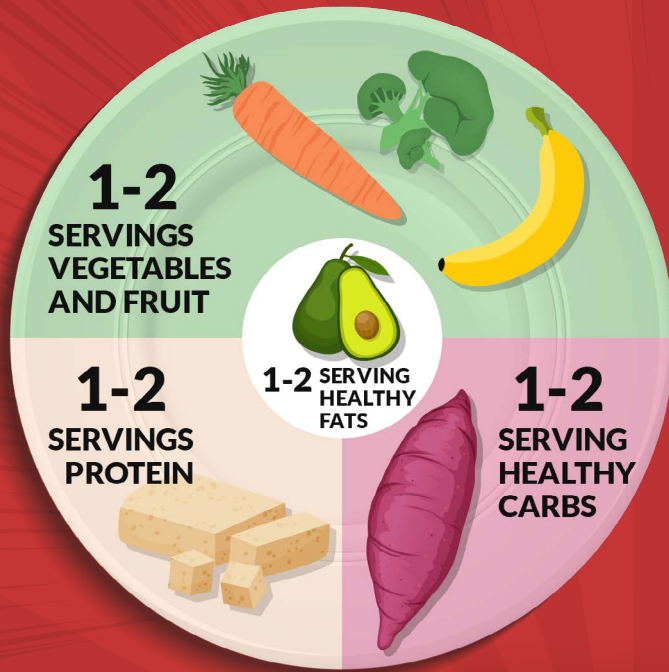
**PLATE #2**

- Steak (1/4 of plate)
- Mashed potatoes (1/4 of plate)
- Steamed broccoli (1/2 of plate)
- Flavored water to drink

**PLATE #3**

- Two tacos
- Sides of lettuce/salsa/guac
- Water to drink

# NF PLANT-BASED PLATE



## SOME EXAMPLES

### PROTEIN:

Tofu, Beans, Legumes, Protein Powder, Seitan, Tempeh, etc.

### VEGGIES & FRUIT:

Spinach, Carrots, Onions, Pickles, Berries, Apples, etc.

### CARBOHYDRATES:

Potatoes, Sweet Potatoes, Rice, Whole Grains, etc.

### FATS

Nuts, Avocado, Olive Oil (or another oil), Butter, Dark Chocolate, etc.

## MY PERSONAL FOOD LIST

**PROTEIN**

**VEGGIES & FRUIT**

**CARBOHYDRATES**

**FATS**

**TARGET PRACTICE:** Balanced plates are a great target to aim for, but they aren't magical and you don't have to be perfect. We'll continue to adjust as we go. Here are some examples of how this might look:

**PLATE #1**

- BBQ Tempeh (1/4 of plate)
- Apple slices (1/2 of plate)
- Tater tots (1/4 of plate)
- Diet soda to drink

**PLATE #2**

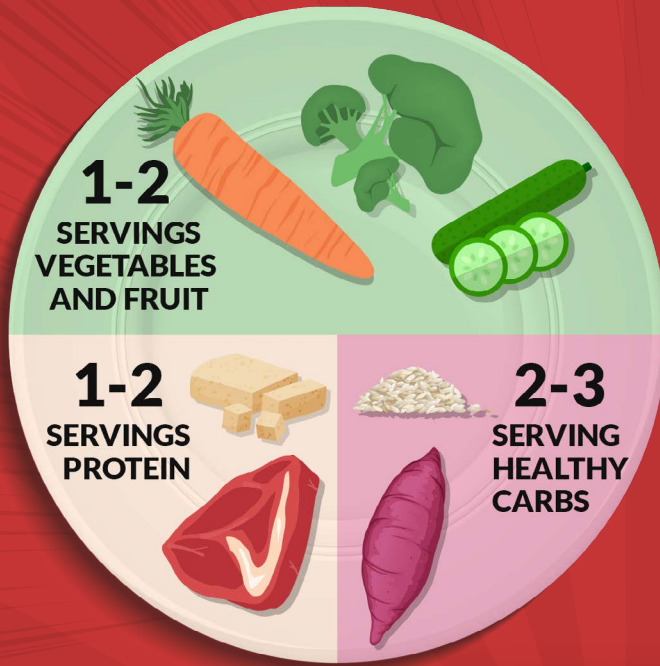
- Plant-burger (1/4 of plate)
- Sweet potato fries (1/4 of plate)
- Steamed broccoli (1/2 of plate)
- Flavored water to drink

**PLATE #3**

- Two black bean + quinoa tacos
- Sides of lettuce/salsa/guac
- Water to drink



# NF LOW-FAT PLATE



## SOME EXAMPLES

### PROTEIN:

Chicken, Fish, Shrimp, Turkey, Protein Powder, Lean Beef, Wild Game, etc.

### VEGGIES & FRUIT:

Spinach, Carrots, Onions, Pickles, Berries, Apples, etc.

### CARBOHYDRATES:

Beans, Potatoes, Rice, Whole Grain Bread, Oats, etc.

### FATS

Nuts, Avocado, Olive Oil (or another oil), Butter, Dark Chocolate, etc.

## MY PERSONAL FOOD LIST

**PROTEIN**

**VEGGIES & FRUIT**

**CARBOHYDRATES**

**FATS**

**TARGET PRACTICE:** Balanced plates are a great target to aim for, but they aren't magical and you don't have to be perfect. We'll continue to adjust as we go. Here are some examples of how this might look:

**PLATE #1**

- Grilled chicken nuggets (1/4 of plate)
- Apple slices and carrot sticks (1/2 of plate)
- Steamed rice (1/4 of plate)
- Small dab of butter
- Diet soda to drink

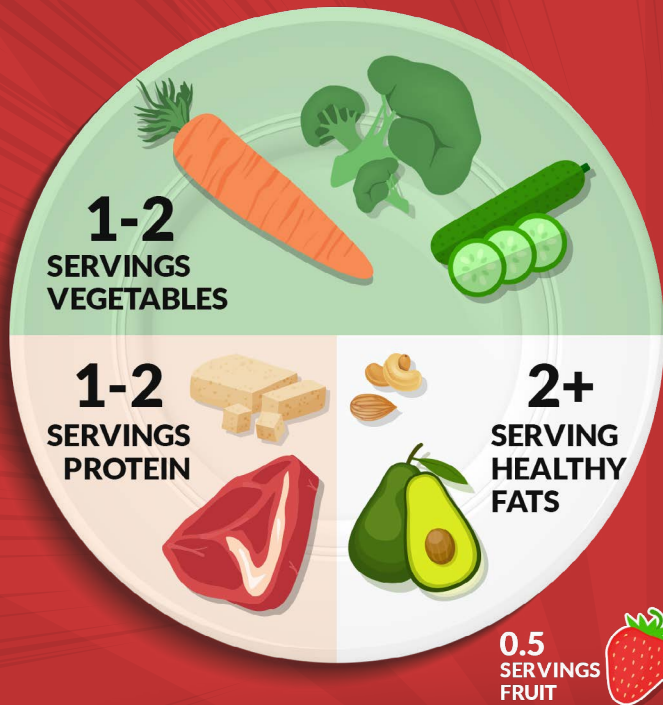
**PLATE #2**

- Steak (1/4 of plate)
- Mashed potatoes w/ skim milk (1/3 of plate)
- Steamed broccoli and orange slices (1/2 of plate)
- Flavored water to drink

**PLATE #3**

- Two chicken or fish tacos
- Sides of lettuce/beans/salsa (skip the guac and cheese)
- Water to drink

# NF LOW-CARB PLATE



## SOME EXAMPLES

### PROTEIN:

Eggs, Chicken, Beef, Fish, Tofu, etc.

### VEGGIES & FRUIT:

Spinach, Broccoli, Onions, Pickles, Tomato, Lettuce, etc.

### FRUITS:

Strawberries, Raspberries, Blackberries, Blueberries, Melon, etc.

### FATS

Nuts, Peanut Butter, Avocado, Olive Oil (or other oil), Butter, Dark Chocolate, etc.

## MY PERSONAL FOOD LIST

**PROTEIN**

**VEGGIES & FRUIT**

**CARBOHYDRATES**

**FATS**

**TARGET PRACTICE:** Balanced plates are a great target to aim for, but they aren't magical and you don't have to be perfect. We'll continue to adjust as we go. Here are some examples of how this might look:

**PLATE #1**

- Grilled chicken nuggets (1/4 of plate)
- Salad with olive oil (1/2 of plate)
- Palmful of nuts (1/4 of plate)
- Couple of berries on the side
- Diet soda to drink

**PLATE #2**

- Steak (1/4 of plate)
- Steamed broccoli and carrots (1/2 of plate)
- Butter for the veggies
- Dark chocolate for dessert
- Flavored water to drink

**PLATE #3**

- Taco salad: bed of lettuce and pico, 1 cup protein of choice
- Salsa, Cheese and Guac
- 1/2 orange on the side
- Water to drink

# NERD FITNESS FOOD LIST



## Protein

- Bison
- Boiled eggs
- Canned Meats
- Chicken breast
- Chicken thigh
- Cottage cheese
- Deli Meat (minimally processed)
- Eggs
- Ground beef
- Lamb
- Plain greek yogurt
- Pork
- Protein powder
- Rotisserie Chicken
- Tuna Kits
- Turkey
- Wild game

## Plant based

- Tofu
- Pea protein
- Hemp protein
- Seitan
- Tempeh

## Protein + c arbs

- Beans (v)
- Black Bean Burger
- Black bean pasta
- Cereal + skim milk
- Chickpeas
- Crackers and deli meat
- Edamame
- Green peas
- Lentils
- Low fat chocolate milk
- Lupini Beans
- Non-fat flavored yogurt
- Nutritional Yeast
- Oatmeal + Protein Powder
- Protein shake + fruit
- Quinoa (v)
- Three Grain Tempeh
- Vital wheat gluten



## Veggies & Fruit

- Apple
- Asparagus
- Banana
- Beets
- Bell peppers
- Blackberry
- Blueberry
- Bok Choy
- Broccoli
- Brussels sprouts
- Butternut squash
- Cabbage
- Canatloupe
- Carrot
- Cauliflower
- Collard Greens
- Cucumber
- Dill pickles
- Eggplant
- Frozen vegetables/pre chopped veggies
- Fruit (general)
- Green beans
- Honeydew
- Kale
- Kiwi
- Leeks
- Lettuce
- Mushroom
- Onion
- Orange
- Pear
- Plantain
- Pumpkin
- Radish
- Raspberry
- Salad greens (general)
- Salsa
- Sauerkraut
- Spinach
- Squash
- Strawberry
- Tomato
- Watermelon

## Calorie and carb bevvs

- Kombucha
- Mlik
- Almond milk
- Sports drinks
- Vitamin water
- Beer/Wine/Spirits



## Smart carbs

- Beans
- Bread (*sprouted, whole grain*)
- Buckwheat
- Couscous
- Fruit (general)
- Jicama
- Kefir
- Millet
- Oats (*steel cut, old fashioned*)
- Potato (*white, russet, red*)
- Quinoa
- Rice (*wild, brown, white*)
- Sweet potato

## Herbs and spices

- Allspice
- Basil
- Cardamom
- Cinnamon
- Celery seed
- Curry
- Dill
- Fenugreek
- Garlic
- Ginger
- Oregano
- Nutmeg
- Rosemary
- Thyme
- Bay leaf
- Salt
- Pepper
- Paprika
- Cumin

## Fats + carbs

- Avocado toast
- Bagel and cream cheese
- Berries + Coconut milk
- Bread and olive oil
- Chia seeds
- Dark chocolate
- Nut butter
- Peanut butter + banana
- Popcorn and butter
- Toast and butter
- Traditional Veggie Burgers (Minimally Processed)



## Healthy fats

- Almonds
- Avocado
- Avocado oil
- Butter
- Cashews
- Coconut oil
- Dark chocolate
- Guacamole
- Macadamia nuts
- Macadamia oil
- Nut butter (general)
- Olive oil
- Olives
- Peanuts
- Pistachios
- Pumpkin Seeds
- Seeds (varous)
- Walnut oil
- Walnuts

## Protein + fats

- Almond Milk Yogurt
- Bacon
- Beyond Meat Vegan Burger
- Cheese
- Chicken thigh
- Coconut Yogurt
- Cottage cheese
- Eggs
- Fakin' Bacon (v)
- Full fat yogurt
- Hummus
- Nut butter
- Salmon
- Sausage
- Steak (*beef 93% or fattier*)
- Tuna with mayo
- Vegan "Meats"

## Zero cal beverages

- Water
- Black coffee
- Unsweetened tea
- Seltzer water
- Gatorade zero
- Vitamin water zero