Your hand is all you need

A serving of protein = 1 palm
A serving of vegetables = 1 fist
A serving of carbs = 1 cupped hand
A serving of fats = 1 thumb

While this guide is very easy to use and practical, it is still important to build healthy habits and adjust their nutritional intake as needed.

Active men do best with 6-8 servings of each food group per day (~2,300-3,000 kcal).
Active women do best with 4-6 servings of each food group per day (~1,500 - 2,100 kcal).

IF YOU NEED MORE FOOD

**BECAUSE YOU...

**...THEN START BY ADDING...

**MEN:** 1 cupped handful of carbs and/or 1 thumb of fat to a few meals each day.
**WOMEN:** 1/2 cupped handful of carbs and/or 1/2 thumb of fat to a few meals each day.

**IF YOU NEED LESS FOOD

**BECAUSE YOU...

**...THEN START BY REMOVING...

**MEN:** 1 cupped handful of carbs and/or 1 thumb of fat from a few meals each day.
**WOMEN:** 1/2 cupped handful of carbs and/or 1/2 thumb of fat from a few meals each day.

This system is easier than counting calories and nearly as accurate. Just like with counting, though, pay attention to results and adjust as needed.

For the full article explaining this infographic:
http://www.precisionnutrition.com/calorie-control-guide

PORTION CONTROL GUIDE
FORGET CALORIE COUNTING. TRY THIS METHOD INSTEAD.

Most people think controlling portions means counting calories, but we think there’s a better way. Try our (much easier) Hand Measure system instead.