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Sizing Portions Without Counting Calories

Portion control. Without counting calories or grams of fat/protein/carbohydrate in each meal, how do you know whether you're eating enough, too much or the right amount?

It's difficult isn't it - especially if you have a long history of dieting - you're likely to be eating too little at your meals (being 'good') but then having to eat lots of snacks either to fill yourself up or simply because your cravings overcome you! Of course, you could also just be eating too much plain and simple, in which case you're probably feeling tired, bloated and lacking in energy overall.



Here are some notes on portion sizes using your hand; they're a rough guide and not totally precise, but they'll work well enough to give you a good idea as to whether you're eating the right amount.

Your palm represents one portion of protein.

Your fist represents one portion of cooked vegetables.

Your cupped palm represents one portion of carbohydrate.

Your thumb represents one portion of fat.

Use this information to put each meal together. Always start with your protein - you want one palm sized portion of meat, fish, eggs, cheese or yoghurt. Then, add your veggies - you want at least 2-3 fist sized portions of veg (including beans and lentils but not fruit or potatoes). You want one cupped palm sized portion of carbohydrate like grains, starches or fruit on your plate. Finally, think about your fat intake and take

one thumb sized portion of nuts, seeds, oil or butter. If your meals are good, you shouldn't really need to snack most of the time.

This is all assuming you're female - men will need roughly double the amounts of protein, carbohydrate and fat.

Put this together as you like - chicken with cabbage, broccoli, carrots, rice and butter is fine but for me would get boring very quickly. Chicken curry cooked in coconut oil with cauliflower, spinach and broccoli then served with rice is much more exciting, to me at least! Herbs and spices are 'free' - you can't really over eat them, so make sure to use them to make life more interesting!

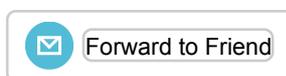
From here, just pay attention. If you're starving hungry because you're hugely active or because this seems a big reduction in what you're eating at the minute, try adding an extra portion of fat or an extra half portion of carbohydrate to your meals.

Likewise, if you feel that's too much food for you, start by removing half a portion of carbohydrate from your meals.

If you need more help getting your portions and meals right, get in touch and we'll get you on the right track.

Until next time, enjoy staying healthy!

Best wishes,

A handwritten signature in red ink that reads "Heather". The signature is written in a cursive style and is positioned above a red arrow that points downwards and to the right.

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