

# How Much to Eat



## The "Helping Hand" Guide To Food Portions



### **FRUITS & VEGETABLES**

(except potatoes, which count as concentrated carbs)

Choose a quantity that roughly matches the size of your open hand. Select brightly colored fruits and vegetables for the highest levels of disease-fighting carotenoids (orange, red, yellow) and flavonoids (green, blue, and purple).



### **WHOLE GRAINS & LEGUMES**

(e.g., whole grain bread, cereal and pasta, quinoa, lentils, beans, legumes, etc.)

Choose a quantity that is no larger than your tightly closed fist (e.g., a small side dish of pasta, potato salad, a dinner roll, etc.).



### **LEAN PROTEIN & DAIRY**

(e.g., eggs, yogurt, milk, lean ground beef, steak with visible fat trimmed, fish, chicken, pork chops, etc.)

Choose an amount about the size of the palm of your hand. Keep in mind, this is likely to be about half of what's served in many American restaurants, so be prepared to eat half and bring the other half home.



### **HEALTHY FATS**

(e.g., butter, olive oil, flaxseed oil, cheese, and nuts)

Make an okay sign with your thumb and index finger, and choose an amount about the size of the circle made by your index finger/thumb.

*Gluten free, vegan or vegetarian? No problem!*

*Make substitutions that work for your diet.*