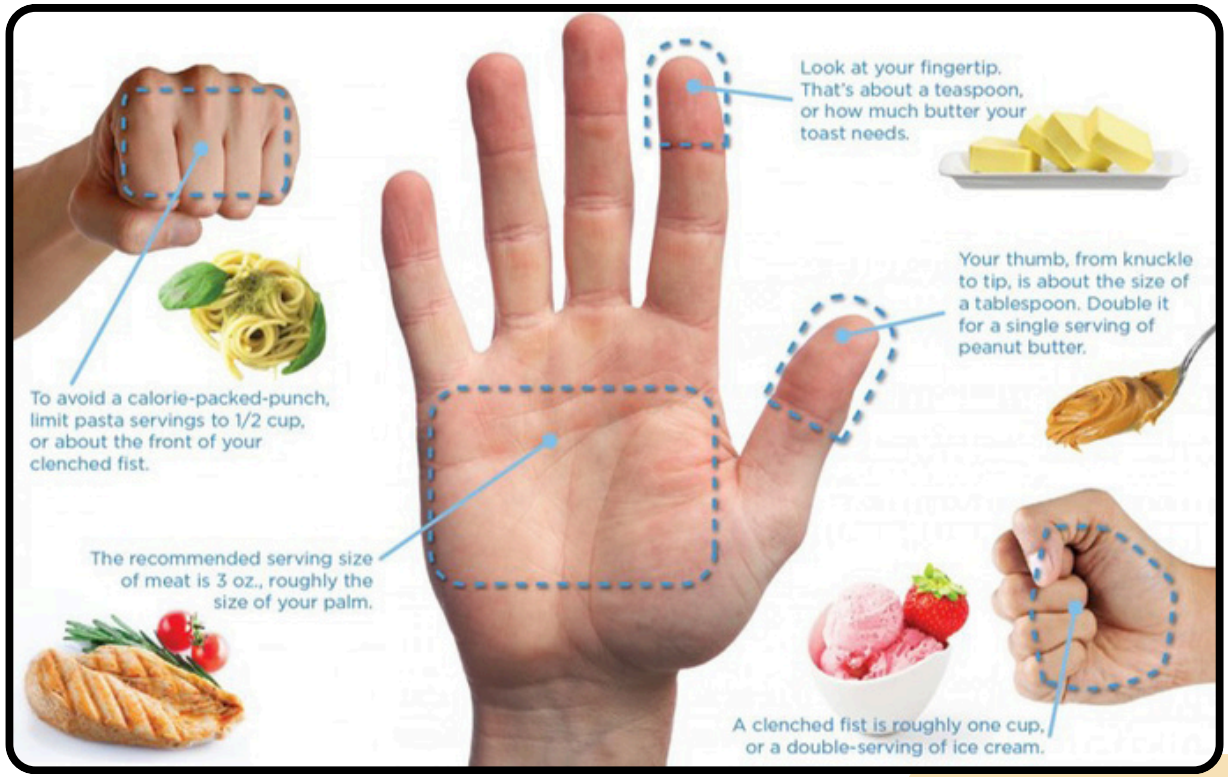
PRACTICAL PORTIONS

Tracking helps you understand how you are fueling your body

Food tracking might feel tedious sometimes, but what you eat can greatly impact your progress towards your health goals. You don't need to carry around a scale or set of measuring cups with you everywhere you go. Instead, use these estimates of portion sizes when dining out or on the go.



- Fist = 1 cup (cooked oatmeal, fresh fruit, yogurt, milk, raw vegetables)
- Front of fist = 1/2 cup (cooked grains, beans, cooked vegetables)
- Top of thumb = 1 Tbsp (oil, nut butter, salad dressing)
- Tip of finger = 1 tsp (butter, mayo, less healthy fats)
- Palm = 3-4 ounces cooked protein
- Whole hand = 5-6 ounces cooked protein
- Cupped handful = 1 cup (nuts, dried fruit, trail mix)

25 FITTRIP YEARS OF TRANSFORMATION

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