

Portion controlling on-the-go

Fist precisely measures 1 cup

White rice 200 cal, 0 fat, 45 g carb, 4 g protein

Sweet potato 180 cal, 0 fat, 40 g carb, 4 g pro

Couscous 175 cal, 0 fat, 36 carb, 6 protein

Pasta 200 cal, 1 g fat, 42 g carb, 8 g protein



Tip of your finger measures precisely 1 teaspoon

Butter 35 cal, 5 g fat, 0 g carb, 0 g protein

Honey 20 cal, 0 g fat, 6 g carb, 0 g protein

Coconut oil 39 cal, 5 g fat, 0 g carb, 0 g protein



Tip of your thumb is precisely a tablespoon

Peanut butter 95 cal, 8 g fat, 3 g carb, 4 g protein

Olive oil 120 cal, 14 g fat, 0 g carb, 0 g protein

Nutella 100 cal, 6 g fat, 11 g carb, 1 g protein



Palm of your hand is precisely 3 oz of meat

Chicken 125 calories, 3 g fat, 0 g carbs, 25 g protein

Steak 210 calories, 12 g fat, 0 g carb, 25 g protein

Pork Loin 120 calories, 5 g fat, 0 g carb, 17 g protein

Beef burger 230 calories, 15 g fat, 0 g carb, 20 g protein

Salmon 160 calories, 9 g fat, 0 g carb, 17 g protein

Haddock 110 calories, 3 g fat, 0 g carb, 19 g protein

