



# Creating Healthy Nutrition Habits



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# Objectives

- Establishing nutrition habits to create sustainable change
- How to build a healthy plate
- Customizing the plan for your goals


# 1. Where is the protein dense food?

- Every meal and snack should contain lean protein
  - Ex. Eggs, beans, lentils, chicken breast, shrimp, salmon, yogurt and lean cuts of beef or pork

**PROTEIN**  
Meat, fish, eggs, cottage cheese, and Greek yogurt



**Women:**  
One palm-sized portion  
(~ 20-30 g protein)




**Men:**  
Two palm-sized portions  
(~ 40-60 g protein)


## 2. Where are the veggies?

- Every meal should contain a large amount of vegetables
  - Ex. Broccoli, cabbage, green beans, leafy greens, brussels sprouts and bell peppers.

**VEGETABLES**  
Broccoli, spinach, salad, carrots, etc.



**Women:**  
One fist-sized portion




**Men:**  
Two fist-sized portions


# 3. Where are the carbs?

- For fat loss: Carbs should be consumed post workout
- For mass gain: Carbs should be consumed at all meals
  - Smart Carbs: Brown rice, quinoa, squash, chickpeas, sweet potatoes, red potatoes

**CARBOHYDRATES**  
Grains, starches, beans, and fruits



**Women:**  
One cupped-hand sized portion  
(~ 20-30 g carbs)




**Men:**  
Two cupped-hand sized portions  
(~ 40-60 g carbs)


# 4. Where are your fats coming from?

- Focus of fats from whole food sources
  - Ex. Nuts, seeds, avocados, olives, fish, eggs, lean cuts of meat

**FATS**  
Oils, butters, nut butters, nuts, and seeds



**Women:**  
One thumb-sized portion  
(~ 7-12 g fat)



**Men:**  
Two thumb-sized portions  
(~ 15-25 g fat)

# 5. Are you eating slowly?

- Meals should be 15-20 minutes long
  - If you're a fast eater, wait it out before going back for more
- Eat until 80% full



# 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.

## YOUR HAND IS ALL YOU NEED

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.



A serving of  
**protein** =  
**1 PALM**



A serving of  
**vegetables** =  
**1 FIST**

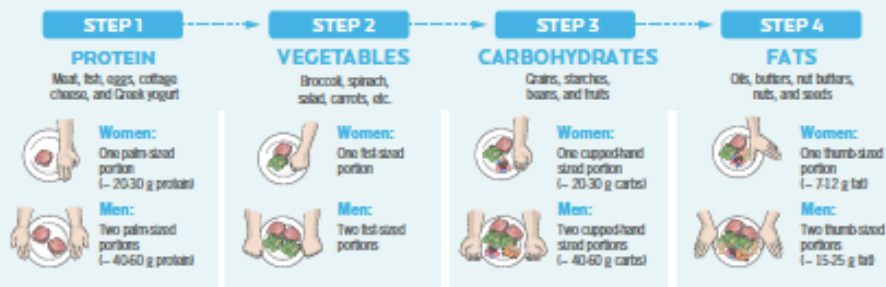


A serving of  
**carbs** =  
**1 CUPPED HAND**



A serving of  
**fats** =  
**1 THUMB**

## HERE'S HOW TO USE THIS METHOD TO BUILD A PLATE



**Men** eating 3-4 meals as outlined would get around 2,300 - 3,000 calories each day.  
**Women** eating 3-4 meals as outlined would get around 1,200 - 1,500 calories each day.

## NOW, CUSTOMIZE THE PLAN FOR YOU

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).  
From there, adjust the number of portions to meet your personal needs and goals.

### IF YOU NEED MORE FOOD BECAUSE YOU...

- Are larger in stature
- Aren't getting muscle gain results
- Eat less frequently throughout the day
- Are very active
- Are trying to gain muscle
- Aren't feeling satisfied at meals

#### ...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...

- Are smaller in stature
- Aren't getting weight loss results
- Eat more frequently throughout the day
- Are not very active
- Are trying to lose weight
- Are feeling too full at meals

#### ...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.





**THANK YOU!**

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