

PFC Portion Size "Cheat Sheet"

Protein

- 3-6 ounces at MEALS (20-40 grams of protein)
(Circumference & thickness of the palm of your hand)
- 1-2 ounces at SNACKS (8-15 grams of protein)
(Half the circumference & thickness of the palm of your hand)

Fat

- Minimum of 10 grams at MEALS & SNACKS (1-2 Tbsp.)
- Some people need 20-30 grams (3-5 Tbsp.)
- 1 Tbsp. = "thumb size" from knuckle to tip the of the thumb

Carbohydrates

- Non-starchy vegetables: no limit at MEALS & SNACKS
(Aim for 1-3 cups at most MEALS & SNACKS)
- Starchy carbs & fruit: $\frac{1}{4}$ - $\frac{1}{2}$ cup at MEALS & SNACKS
($\frac{1}{2}$ the size of your fist)



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