



# A HANDY GUIDE TO PORTION SIZES FOR EACH MEAL



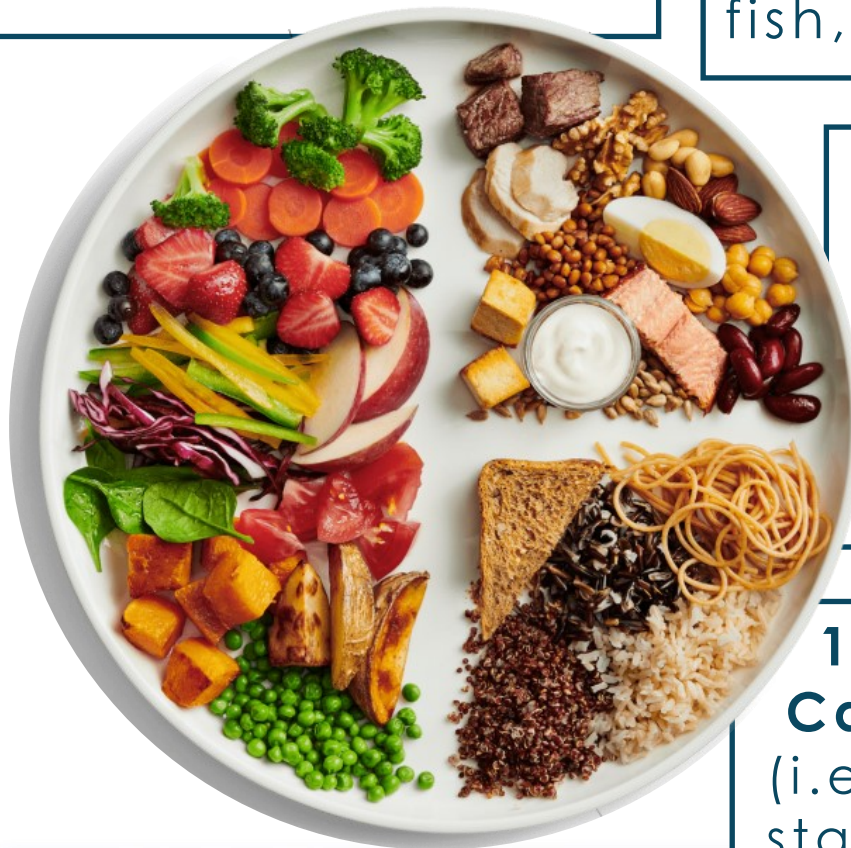
**1-2 Fist-Sized Portions of Vegetables or Fruit** (vary colors)



**1-2 Palm-Sized Portions of Protein** (i.e. meat, beans, fish, dairy, & eggs)



**1-2 Thumb-Sized Portions of Healthy Fat** (i.e. nuts, seeds, oils, nut butter)



**1-2 Handfuls of Carbohydrates** (i.e. whole grains, starchy vegetables)



Use this template to consume adequate energy & nutrients to support physical & cognitive function, and set the foundation for a healthy lifestyle on the road.