



How To Build The Perfect Meal



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Hand Guide To Portion Control



Knowing what to eat is only half the battle regarding healthy nutrition – you also have to know how much to eat. Over time, food and drink portions have increased in size. The more food served on the plate, the more food we consume, leading to overeating.

With this awareness and a guide to managing portion sizes, we can eat foods healthy and balanced, building a better relationship around what we put into our bodies.

A simple, effective, and proven method is the Hand Portion Method. The idea is that you're not measuring or weighing your food using technology but instead using your own hand to gauge the size of the portion. Your hands are proportional to your body and go where you go. This makes them the perfect tool to quickly and easily gauge your portion size, even when eating out.

This method is for anyone struggling with food-tracking apps and meal logs. It's the perfect way to build any meal with a habit-centric approach. To get started, try each step below.



Start With Protein

Protein is the most essential nutrient for muscle building, support, transport of nutrients, as an enzyme, and many more. Yet, in the Western diet, carbs are typically the basis of most meals. Unfortunately, those carbs are often highly refined and have a high glycemic index, which leaves us hungrier sooner than later. So, let's start with your protein.

Raise your hand in front of your face. This will be your new portion measure.

For protein, one serving can be measured as one to two palm-sizes of meat, fish, dairy, or plant-based source of protein. It may differ for female and male, here's how it can look – **Image:** *Left to right, Female and Male.*





Fill Half The Plate With Fruit Or Veg

We all know that fruit and vegetables should be the foundation of a healthy diet. But do we really know why? In short, they provide essential micronutrients (e.g., vitamins and minerals), antioxidants, and fiber needed for energy production, immune function, control of inflammation, healthy digestive system, and overall health.

Some examples of fruit and veg portions:

- 1-2 handfuls of spinach in stir fry
- Mixed garden vegetables
- Chopped peppers/carrots and hummus
- Mixed fruit salad
- Roasted sweet potato fries

Image: Left to right, Female and Male.

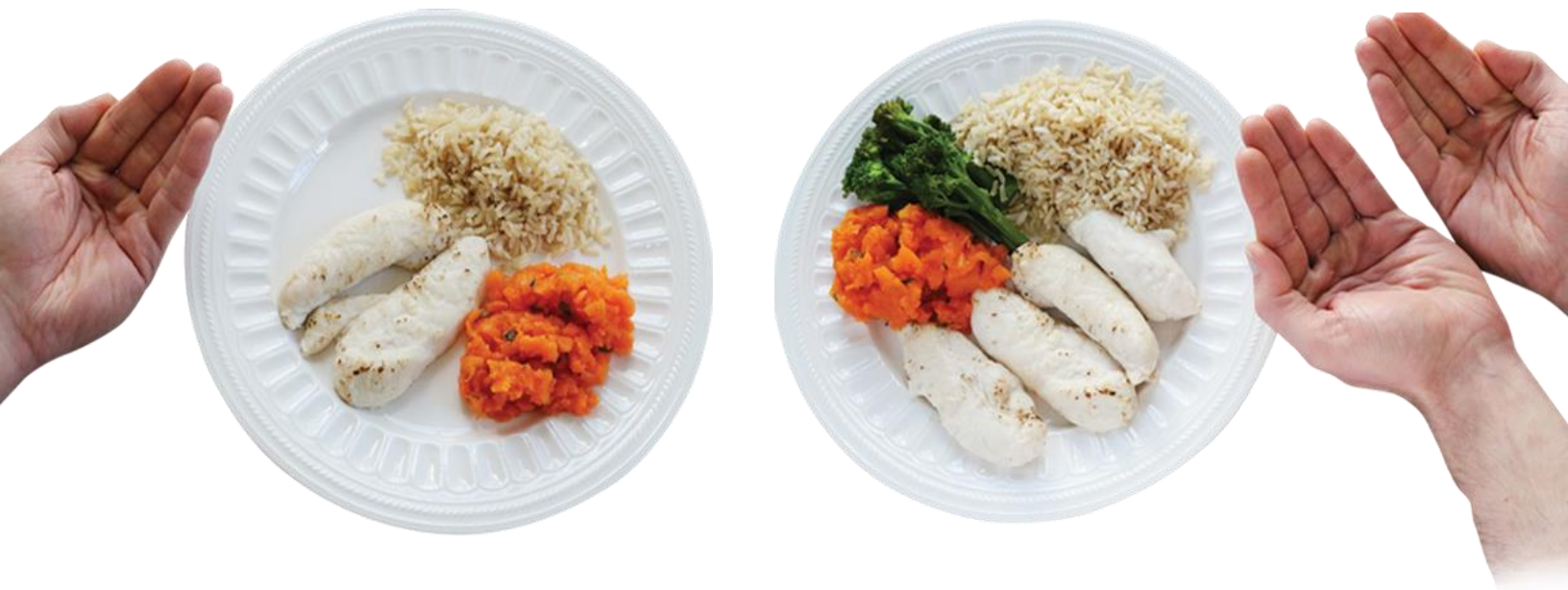




Fill The Remainder Of The Plate With Carbs

Carbs aren't "bad" when portion control comes first. Yet, seeing one proper serving size of rice, pasta, or bread often comes as a surprise. It's smaller than you'd think. We recommend filling the plate up and adding the carb last. You should always prioritize wholegrain or "brown" carbohydrate sources such as brown rice or pasta, quinoa, legumes, and sweet potato.

Image: Left to right, Female and Male.





Add A Source Of Healthy Fats

When we say healthy fats, we simply mean unsaturated fats versus saturated. Dietary fat is beneficial to consume and essential for optimal health. We need fatty acids for several crucial functions, including the absorption of vitamins, the production of hormones, and cell protection.

To measure fats, raise your hand in front of your face again. Stick out your thumb. Depending on your size, try incorporating 1-2 thumb sizes of fat into your meal. Such as cold-pressed virgin olive oil (for cooking), rapeseed oil (for cooking), coconut oil (saturated fat, but still good), a small handful of nuts (1-2 thumbs), seeds (flax, chia, etc.), avocado oil (for cooking), salmon, avocado.

Image: Left to right, Female and Male.

